

ANTIOCH JOURNAL

LAKELIFE

Kitchen secrets
revealed for the
holiday season

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LOCAL NEWS

Lake County Sheriff-elect Mark Curran prepares for his new role.

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COMMUNITY NEWS

District 34 assesses Election Day aftermath and how to handle April 2007 elections.

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Dealing with loss of loved ones often more difficult during holiday season.

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SPORTS

Local athletes compete at the IHSA Girls State Swimming and Diving Meet.

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Tasty treats

Youths gather for Camp Crayon's holiday feast



Sandy Bressner - sbressner@nwnewsgroup.com

Kaitlyn Bargamian, 3, dressed as a pilgrim, waits patiently for her food during a Thanksgiving Feast for students at Camp Crayon in Antioch.

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The edition of
November 24-30, 2006

Newsstand price 50 cents

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NEWS GROUP
OF GREATER CHICAGO

Volume 120
No. 39



GRAYSLAKE

Community members experience cycle of life

By KATHY GRESEY
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GRAYSLAKE – In assembly-line fashion, about 160 chickens from Prairie Crossing Learning Farm in Grayslake were slaughtered, defeathered and bagged this month.

Community members of all ages participated in the slaughtering process. Though many alternated jobs to get a better understanding of what happens during a chicken slaughtering, not all who participated actually killed the feathered animals.

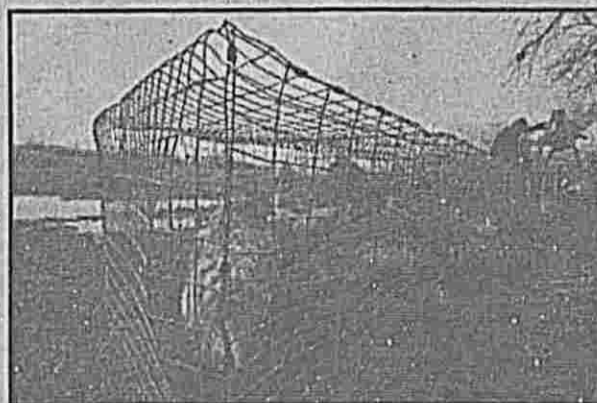
Brittany Futterman, program coordinator at the Learning Farm, said many community members were involved with Prairie Crossing's chickens during the past year.

Children from Prairie Crossing Charter School and Montessori School of Lake Forest have collected eggs and fed the chickens, she said.

Antioch resident Nicole Marin and her three children spent this past summer working with the farm's chickens.

"It's a valuable lesson for them," she said, "to see where it all comes from."

And where does "it" all come from?



Sandy Bressner - sbressner@nwnewsgroup.com

The Prairie Crossing Learning Farm slaughtered and prepared more than 150 chickens for consumption.

The process of taking a live chicken and bagging it for sale involves several steps.

First, the chicken must be immobilized. (At the Learning Farm, each chicken was placed inside an orange traffic cone with its head sticking out the smaller end.)

Then, the bird's neck arteries are cut. After this, the chicken is defeathered, which is the most time-consuming part.

Next, the bird's organs and feet are removed, and the chicken is put into cold water. Then, it is bagged. Futterman said the entire process takes



Sandy Bressner - sbressner@nwnewsgroup.com

Anya O'Halloran, 15, and her brother Alex, 12, pluck feathers off of chickens at the Prairie Crossing Learning Farm in Grayslake. The chickens were sold for \$7 each.

about 30 minutes.

Bagged chickens were to be sold for \$7 each and used for soup, she added.

For more information, visit www.prairiecrossing.com/pc/site/orga-nic-farm3.html.

ANTIOCH

New representatives join Antioch boards

By TARA CLIFTON
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ANTIOCH – Both the township and fire boards have new faces.

Paul Green, of Antioch Township, is the newest member of the fire commission. He replaces Emil Borre, 82, who died in mid-August of natural causes.

Borre served as a trustee for the first fire district for almost 10 years, said Steve Smouse, assistant supervisor for Antioch Township. He had been ill for some time before his death.

Green is an employee in the village's building department, and he downplays his appointment.

"This should be all about [Borre]," Green said.

Green said he is spending time getting acquainted with his new position as a fire trustee.

"I think the people that I do know are good people," he said. "We're all in there for the betterment of the community."

Also, John Edgell has replaced Kevin Schoudel on the Antioch Township board, Smouse said.

In his resignation letter, Schoudel said that scheduling conflicts made it difficult for him to remain on the board, Smouse said.

Edgell is treasurer for the Antioch Rescue Squad, Smouse said, and has lived in Antioch Township for 25 years.

Edgell also has served as a member of Mundelein's Diamond Lake School District 76 Board of Education and was a president of the Diamond Lake Civic Association.

Smouse said Edgell vied for a seat on the township board during the last election, and "he's been attending every meeting since this term started."

ANTIOCH

D-34 schools experience no problems on Election Day

Officials consider canceling classes for April election

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH – Despite a few inconveniences, School District 34 Superintendent Scott Thompson said the Nov. 7 election went smoothly for the district's three schools that were used as polling stations.

Now district officials need to figure out what to do for the spring consolidated election.

Antioch Elementary School, Antioch Upper Grade School and Oakland Elementary School will once again be used for voting in April, Thompson said.

Now officials are deciding whether to have classes on April 17, 2007.

Thompson said school leaders could use an emergency snow day to keep kids at home and reduce safety risks.

For the November election,

parents and staffers were concerned that children would be in danger from strangers pouring into the schools all day.

"It wasn't ideal, but we made it through safely."

Scott Thompson

School District 34 Superintendent

Before Nov. 7, Thompson sent a letter to Willard Helander, Lake County Clerk, State Representative JoAnn Osmond, and the District 34 Board of Education asking that his schools not be used for polling sites in the future.

For the current school year it is too late to change polling

locations, but Thompson and others hope that will change for the future.

Parents and school leaders took extra precautions for the November election, Thompson said, such as using parent volunteers to guard entrances.

About 1,000 voters came to each school, Thompson said, blocking off some areas from regular student activities.

At Antioch Elementary School, "a good chunk" of students stayed home that day, Thompson said.

However, Bev Thompson, spokesperson for Antioch Elementary, said teachers and staffers encountered no problems.

Thompson said all involved created action plans that worked.

"They adjusted," he said. "It wasn't ideal, but we made it through safely."

LAKE COUNTY

"Clearly, we need to step up to the plate and implement changes where they're appropriate."

- Mark Curran

Curran gears up to lead sheriff's office

New team set to implement needed changes

By EMILY PREVITI

epreviti@nwnewsgroup.com

NAPLES, Fla. - When Mark C. Curran Jr. basked in his victory in the race for Lake County sheriff, he looked at the month ahead as a busy one.

Curran said that he had from Election Day on Nov. 7 to his swearing in Dec. 1 to shut down his law office at 235 N. West St. in Waukegan.

"I haven't scheduled a vacation," he said.

In a telephone interview from Florida, Curran said that



Mark Curran
Incoming sheriff
of Lake County



Gary Del Re
Incumbent Lake
County sheriff

he had traveled there Nov. 13 with incoming Undersheriff Charles Fagan, 58, to discuss their starting strategy.

"It's hard to be stressed out when it's 85 degrees on a beach," Curran said.

Curran, 43, said he has cut his caseload in half since he garnered 56.05 percent of votes to oust incumbent Sheriff Gary Del Re, 52.

"I have not been taking new cases for some time now, just because the rigors of the campaign have been so much," he said. "The judges are all understanding and they'll give me legal withdrawal in all of those cases."

Curran, of Libertyville, said he would direct his clients to the county bar association rather than recommend attorneys to prevent any conflict of interest, or appearance of it, in the future.

Before he started to practice defense law, Curran worked in the civil and criminal divisions of the Illinois Attorney General's office.

Before working in those positions, he spent eight years as a state's attorney in Lake County.

Curran has said his "passion for law enforcement," pleas

from other Democrats, and the "bad situation" within the sheriff's office prompted his run for the sheriff's office.

Del Re derided Curran for his current work as a defense attorney and lack of experience as a police officer.

Del Re, of Mundelein, started his career in law enforcement 33 years ago.

He became a sheriff's deputy in 1994, and has served as sheriff since 1998.

"We want to carve our own mark," Curran said. "[The current state of affairs] doesn't really impress us; [voters] elected us to make some change."

Curran's critiques of his opponent hinged upon a report on the Lake County State's Attorney and Illinois Attorney General's offices' investigation of the sheriff's department.

In August, investigators released the report, which declared financial policies within the department "either wholly inadequate or, if they exist, are not followed."

"Clearly, we need to step up to the plate and implement changes where they're appropriate," Curran said.

"We're not in the positions to say, regarding personnel, who should go where. [Fagan] was in that office for so many years and knows all the players still and has a pretty good handle on where the talent lies."

Curran said he has focused on personnel in the past week's talks with Fagan, who spent 28 years in the department.

Fagan, of Fox Lake, retired from the rank of deputy sheriff and then spent 2003 to 2006 as police chief in Antioch.

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ANTIOCH JOURNAL

Serving the
Antioch area since 1886
Volume 120 No. 38 (USPS 027-080)

The ANTIOCH JOURNAL is
published weekly on Friday. It is a
member of the NorthWest News Group.
Periodical mail postage paid at
Grayslake, IL 60030

Antioch Journal
30 South Whitney Street
Grayslake, IL 60030

POSTMASTER:
Send address changes to Antioch
Journal, 30 South Whitney Street, P.O.
Box 268, Grayslake, IL 60030

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LAKE COUNTY JOURNALS

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● **Editor's Choice** by Larry Lough

November news: Storm before the calm

This is a big month for local news.
Elections. Veterans Day activities.
High school football playoffs. The start of
prep basketball.

We find plenty to write about in the
run-up to, and aftermath of, elections.

But about the time those Thanksgiving
leftovers run out, so does the buzz of news.

So we ask you for a gift this holiday
season: Give us your ideas for good local
stories.

One of the reasons we put reporters' e-
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ers. Use them.

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the newspaper have a story about? ..." The
answer almost always is the same: "We
didn't know about it."

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tify good local stories. And that's espe-
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the thermometer dives and news seems to

go into hibernation.

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And about neat programs in our
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And about exciting new businesses, as
well as those that close their doors that
final time.

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Thanks for reading the Journal.

● **This Week's Highlights**



Justin Runquist - jrunquist@nwherald.com

DEALING WITH LOSS DURING THE HOLIDAYS

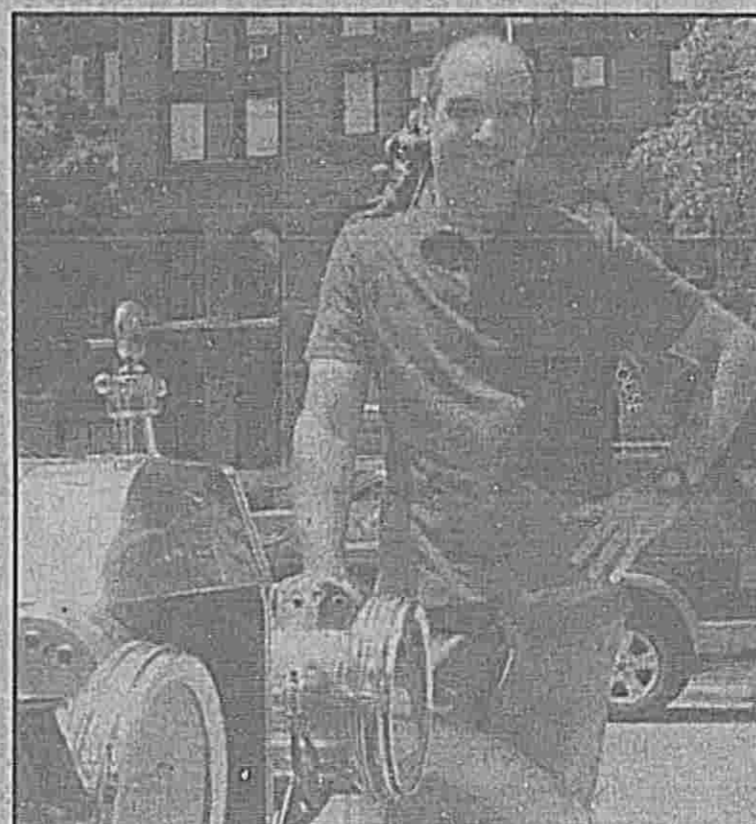
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MURDER SUSPECT SURRENDERS TO POLICE AFTER WARRANT ISSUED FOR HIS ARREST

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FOREST PRESERVE SEEKS TOY DONATIONS FOR HOLIDAY CHARITY

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● **Plus**

CHICAGO RESIDENT MAKES FOX LAKE DOCUMENTARY

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HOLIDAY SHOP EARLY

INSIDE LAKELIFE



"Serving our communities to make
them better places to live"

"Maintaining a healthy balance makes a community a great place to live."
—Nathan Aaberg, director of development and community relations for Liberty Prairie Conservancy. (see story below)

LAKE COUNTY

New law benefits land, land owners

By TARA CLIFTON
tclifton@nwnewsgroup.com

Those who want to preserve their open land now have extra incentive to do so under a new federal law.

Passed in August, the law expands the tax benefits for those who donate a part of their property to a conservation organization as a conservation easement.

This donation counts as a charitable contribution, which offers the owner tax deductions.

With the land labeled as a conservation easement, the donor retains ownership of the property, but a conservation organization ensures that wetlands, savannahs, scenic views, and other natural areas would

be preserved.

The land would remain a conservation easement forever, no matter how many times it changes ownership.

The law extends the time that tax deductions from the current year can be forwarded from 5 years to 15 years.

Limits on those deductions have jumped from 30 to 50 percent of a donor's adjusted gross income. For farmers, the cap is 100 percent.

Not only could this reduce commercial and residential developments, but it also could preserve natural landscape, said Nathan Aaberg, director of development and community relations for the Liberty Prairie Conservancy. The Conservancy is based in Grayslake.

Find out more

Contact Tim Girmscheid at the Liberty Prairie Conservancy at (847) 548-5989 ext. 32, or call your local conservation organization.

"It's a tool they can use to protect the land they've always cared about," Aaberg said. "When somebody protects land, it benefits everybody."

The tax incentives are available for conservation easements that are finalized before the end of 2007, but that deadline might be extended, Aaberg said.

Tim Girmscheid, land protection specialist for the Liberty Prairie Conservancy, said workshops will be offered in the Antioch area in January

2007 that focus on how to donate land as conservation easements.

"It's a fairly involved process," Girmscheid said. "But not daunting."

Certain restrictions apply, Girmscheid said, such as ones that limit changes to the property that would harm the land's conservation value.

Also, land surrounding the conservation easement would not be allowed to be developed, Girmscheid said.

Aaberg said the new law gives extra perks to an already effective program.

"It's already a good thing," he said. "It's a great land protection tool. Maintaining a healthy balance of open land makes a community a great place to live," Aaberg said.

Our Town

In with the new

This year the Antioch Community High School student council is trying something new. The council will host a rummage sale on Friday, Dec. 1, and Saturday, Dec. 2, with all proceeds going to the Shriner's Hospital. If you would like to get more information or help out, e-mail Susan Latino at slatino@sequoits.com.

The Antioch VFW also is venturing into unknown waters.

The post will host its first support group for soldiers and their families at 7 p.m. on Friday, Dec. 1, at the VFW hall, 75 North Ave. For more information, call the post at (847) 395-5393.



Tara Clifton

Singing grace



Members of the Antioch Community Chorus Sharon Harrison, Becky Beckamp and Shirley Patterson sing "Glory to God" as part of Handel's "The Messiah," during rehearsal at Saint Stephen's Lutheran Church in Antioch. The concert will take place at St. Peter's Church in Antioch Dec. 17 at 7:30 p.m.

Candace H. Johnson - wjnews@weeklyjournals.com

Residents can be reminded of the true meaning of Christmas through laughter and poignancy by attending the showing of "One Quiet Night," a musical presented by the members of Beautiful Savior Lutheran Church.

The performance will take place at 6 p.m. on Saturday, Dec. 9, at the church, 1501 Deep Lake Road. For more information, call (847) 395-9400.

Congratulations to Victoria DeMarco of Wadsworth and Brian Langner of Antioch. They are both graduates of Antioch Community High School.

DeMarco was recently accepted to Lake Forest College as a freshman and was awarded a Presidential Scholarship.

Langner just graduated from basic military training at Lackland Air Force Base in San Antonio.

If you have interesting information or anecdotes to submit for "Our Town," e-mail Tara Clifton at tclifton@nwnewsgroup.com

Trustees debate value of business fund

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH – On Monday, Nov. 20, the village board of trustees unanimously voted to spend money to host a muskie fishing tournament and to renew the village's membership to the Lake County Convention and Visitor's Bureau.

The vote was accompanied by heated arguments about where that money comes from: the Business District Fund, which Trustees Robert Caulfield and Larry Hanson have questioned since the fund was created nearly two years ago.

Proposed by Trustee Barbara

Porch, who also is executive director of the Chamber of Commerce, the fund works by taking 25 percent of the additional sales tax revenue earned in 2005 compared to 2004. For example, pretend a town earns \$100,000 in sales tax revenue in 2004 and \$150,000 in 2005. That means the town earned \$50,000 extra in sales tax revenue than it did the previous year.

The business fund would get 25 percent of that extra \$50,000. The formula will continue to be followed unless the village board decides otherwise.

The fund is intended to draw people and business to Antioch. Monday night, the board voted

to spend \$5,000 to host the April 2007 Musky Tournament Qualifier round.

Also, the board agreed to spend \$10,000 to renew its membership to the Lake County Convention and Visitor's Bureau.

As he has stated in previous meetings, Hanson said that he felt that more guidelines were needed for spending the business fund money.

"There's a lot of money we're spending out of this business district fund," Hanson said. "I hope next year we get a better handle on it."

Hanson said he felt that the money was being used haphaz-

ardly. When Trustee Mary Turner asked him how he would rather spend the money, he answered that he would leave the task of business promotion to business owners.

Porch argued that the fund has helped bring tourism and publicity to Antioch.

"We are tapping into that fund a lot," Porch said. "But that is why we have the fund."

Since the fund was created, not only have national fishing groups hosted tournaments in the area, but television networks are beginning to notice the village as well.

Pickard China will be featured on WTTW 11 at 7:30 p.m. on

Tuesday, Nov. 28, as part of Geoffrey Baer's "TV Tour." The episode takes viewers on a trip along the Fox River.

Also, Home and Garden Television has contacted the village about the possibility of featuring Antioch's Holiday Lights Competition for an upcoming special. The village also could be a part of "What's With That House," another HGTV program.

Still, Hanson showed skepticism about how officials have handled business in Antioch.

"We're blessed we have the business district fund," Hanson said. "I'm just wondering if we're spending it wisely."

New housing developments possibility for Main Street

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH – Village trustees paved the way Monday, Nov. 20, for a new development on Main Street.

After an hour of debate, the board voted to change the zoning at 669 Main St. from R2, single family dwellings, to R5, multiple family dwellings.

This is the first step for Bruce Gebert, who owns the 1.5 acre land, to build four, one-level ranch style duplexes aimed for senior citizens.

Gebert said each unit, 8 total, would be sold at a starting price of \$155,000. However, if the units stayed on the market too long, they would be open for rental.

"I want to see 8 homeowners enjoy

maintenance free living," Gebert said.

Right now, only one single family house lies on 669 Main St. Gebert said that the home would remain there if the board approves the development.

Trustee Mary Turner, chair of the planning, zoning and building committee, originally did not want to change the land's zoning because she wasn't sure whether School District 34 would be

ready to handle a possible influx of students.

Gebert said he did not expect families with young children to occupy the duplexes, but said he was in contact with the school district to discuss that.

The board approved the zoning change with the assurance that District 34 would be fully informed of the situation and given a chance to voice objections.

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Aurora Sinai Offers Minimally Invasive and Traditional Bariatric Surgery Options

Breakthrough Surgical Treatments Give New Hope to People Suffering with Severe Obesity

For those who suffer with severe obesity, the road traveled can be a difficult one. They often struggle with the stigma of fitting into a society where "thin is in," and are faced with multiple health complications.

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The Bariatric Surgery Program at Aurora Sinai Medical Center offers three different surgical treatments, allowing patients to choose the procedure that best fits his or her needs and lifestyle.

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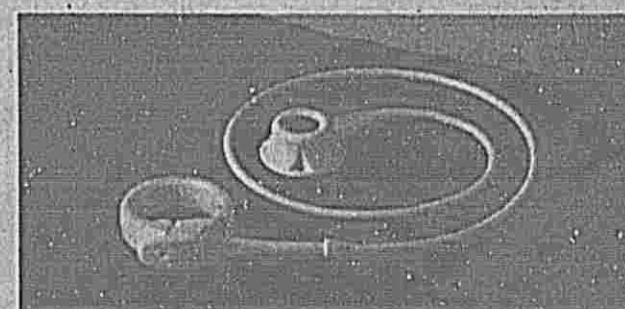
Nationally-Ranked Program, Comprehensive Services
Aurora Sinai's Bariatric Surgery Program recently received national accreditation as a Center of Excellence from the American Society for Bariatric Surgery. The multidisciplinary program offers patients the benefit of working with a group of experts dedicated to providing education and support.

A team of surgeons, clinical coordinators, nutritionists, psychologists and physician assistants all work with the patient to develop a personalized treatment plan. Patients are encouraged to join one of the program's support groups, and meet with experts as often as needed. This approach has proven to help patients meet their weight-loss goals and maintain a healthier weight for life.

A Pioneer in the Field

The Bariatric Surgery Program at Aurora Sinai Medical Center is lead by Dr. Thomas Chua. Dr. Chua is nationally renowned for creating a treatment blueprint, offering patients the most comprehensive bariatric care available. He was the first to introduce the minimally invasive LAP-BAND® System to Wisconsin, and the first in the United States to perform the procedure back in early 2001, participating in the clinical trials. He also performs all three procedures himself, which is a rarity. This speaks to his commitment of providing options to his patients that fit their unique needs and lifestyles.

"I love what I do for one simple reason," says Dr. Chua, "because I get to change people's lives for the better. It is rewarding to know I can help increase a person's quality of life so significantly. I have had patients tell me they now have the energy to play with their grandchildren. What better incentive can you find?"



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— Dr. Thomas Chua, Bariatric Surgeon

To determine if bariatric surgery is right for you, call the Bariatric Surgical Program at Aurora Sinai Medical Center at (414) 219-3008.

GRAYSLAKE

Seniors are workin' out, feelin' good

By KATHY GRESEY

kgresey@nwnewsgroup.com

GRAYSLAKE - Fitness can be fun.

With Frank Sinatra's "I Get a Kick Out of You" playing in the background, 10 members of the Grayslake Senior Center began a 40-minute workout routine recently, which was sprinkled with laughter and smiles.

The class was taught by physical therapist Becky Ryan and aide Angie Fisher, of Grayslake Rehabilitation and Complete Physical Therapy.

About six months ago, Grayslake Rehabilitation began offering free fitness classes to members of the Grayslake Senior Center.

Barbara Medel, coordinator of the center, said the classes have become quite popular.

"It's one of our most attended activities," she said. "It's really a fabulous thing."

Currently, fitness classes are taught twice a week at the Grayslake Senior Center. They take place from 9 a.m. to 9:40 on

Where it's at

The Grayslake Senior Center is located at 50 Library Lane, in Grayslake. For more information, call (847) 543-1041.

Tuesdays and Thursdays.

During classes, seniors work on balance, posture and strength training.

Ryan said the program is not supposed to be difficult or intimidating.

"We try to modify [workouts] based on each person's medical conditions," she said. "We wanted it to be functional."

Mary LoCicero, 89, has been regularly attending the fitness sessions. She said she feels great.

"I know that exercise is good," she said. "Sometimes you wake up in the morning, and you are stiff. This makes you feel better."

The Grayslake Senior Center is open to anyone 60 and older. Activities and facilities at the center are free to Grayslake residents, provided they register



Sandy Bressner - sbressner@nwnewsgroup.com

Ruth Gyllin stretches her arms into the air with other members of the Grayslake Senior Center during an exercise class for seniors. The class is taught by physical therapist Becky Ryan.

with the staff. Nonresidents must pay a \$10 annual fee.

Other Grayslake Senior Center amenities include a billiard room, bingo, lunch service and low-vision equipment.

For more information, visit www.villageofgrayslake.com/senior.html.

Unique Octagon Home in Barrington Gets Makeover

Irene Richardson and her family moved into her home in the winter of 1979. The octagon home was built and designed by Erickson & Stephens, a firm heavily influenced by Frank Lloyd Wright. After living there for over 25 years, she decided she wanted to modernize the interior and chose Signature Flooring & Design to install new five inch wide Brazilian Cherry exotic hardwood floors throughout the living room and dining room, and a rich, thick contemporary shag carpet in the bedrooms and fireplace seating area.

When asked how she decided to use Signature Flooring & Design as her flooring contractor, Irene said, "I went out and got four quotes. I saw the look I wanted at one of those big box retail stores but found out after talking with John at Signature that I was not able to have 3/4 inch thick solid wood installed in my home because my home has concrete floors and an indoor pool. John came out to my home and inspected areas I wanted to have done and verified it should be engineered wood flooring installed in my home because of the concrete and pool which would effect the humidity levels of my wood."

When asked if she had any anxiety about having her home under construction she said, "No, I had complete confidence in them because of the way I was treated before the installation. John returned all of my calls and followed through on everything he said he would do. After talking with John, I spoke with other stores and 3 out of 4 agreed that he was correct, I needed engineered wood. The one flooring store still thinks I can put 3/4 inch solid wood in my home. Could you imagine what I would've gone through with them? I am very happy with the experience, if you have any one interested in getting new floors and need a referral, just have them call me!"

ANYONE CAN OFFER YOU A CHEAP PRICE, BUT CAN THEY BACK IT UP WITH GREAT SERVICE TOO?

"Just call 740-2700 or 202-3700 and ask for a current referral list. I'm sure we have installed for someone you know or lives near you. You're going to love your new floor...you have my 'Signature' on it." - *Megan Miller, Owner.*



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Neighbors



Katie Bertram of Grayslake

I grew up in:
Libertyville

My family:
Husband and a frog named Ziggy

My pets:
Lab pie

Occupation:
Lead Teacher at Hooper Elementary School

I graduated from:
Carmel High School and Southern Illinois University

Hobbies:
Reading

Last movie I saw:
"Over the Hedge"

My favorite band or music right now:
Nickelback

Last good book you've read:
"Leadership" by Bart Starr

Favorite restaurant:
The original Bill's Pub

Favorite meal:
Pizza

Favorite place to shop:
Kohl's and VanKirk

If I could have one super power, what would it be:
Stop time

My dream job:
The job I have.

My dream car:
1969 Dodge Charger

My pet peeve is:
bad drivers

My dream vacation would be:
Ireland

• If you have a "Neighbor" whom we should profile in this column, call Lake County Journals at (847) 223-8161, or e-mail it to anti-och@weeklyjournals.com.

ANTIOCH

Township awarded money for park

Sports complex could start by spring 2007

By TARA CLIFTON
tclifton@nwnewsgroup.com

ANTIOCH – The Illinois Department of Natural Resources just helped the Tim Osmond Sports Complex get closer to becoming a reality.

Antioch Township was awarded \$400,000 through the Open Space Lands Acquisition and Development program, said Steve Smouse assistant township supervisor.

This money will be used to build the first phase of the park, which will cost \$800,000.

The state will give half of the grant money to the township, and once the park is completed and evaluated by state officials, the other half of the grant will be awarded, Smouse said.

The Tim Osmond Sports Complex, to be built along Depot Street, will be completed in four phases, Smouse said.

The park is intended for area sports leagues, and will include football fields, baseball diamonds, soccer fields, lockers and a concession stand.

This is the first park created under the cooperation of the township and village.

Laurie Stahl, director of the Antioch Parks Department, said officials hope to break ground for the complex's first phase in spring 2007. Antioch township and village leaders will meet with architects 3D Design after Thanksgiving to discuss phase one's final plans.

Right now leaders hope to have the entire complex finished by spring 2008, Stahl said, but that could change depending upon funding and construction road blocks.

Smouse said the project will be paid for through state grants and donations.

"People are being taxed to death so much," he said. "We want to do this with grant money as much as possible."

Village gets into the Christmas spirit

ANTIOCH – Residents don't have to be bored this holiday season. The village offers plenty to do, from visiting an enchanted castle to finding Frosty the Snowman on store windows.

From Nov. 24 to Dec. 23 children can drop off their mail to Santa Claus while visiting him. Santa's Enchanted Castle will be open from 5:30 to 8 p.m. on weekdays and from 1 to 4 p.m. on weekends on Toft Avenue, across from village hall. Near the castle will be a mail box for

Santa to read kids' letters. Return addresses should be marked on the envelopes.

Parents and kids can count the number of Frosty the Snowmen they see in storefront windows from Dec. 2 to 20. Forms to participate are available in the Chamber of Commerce Foyer and the Holiday Activity Book that children receive when they visit Santa at his castle. One child will win \$100 in gift certificates.

Village residents also can

gear up for the annual Holiday Lights of Antioch competition, a home decorating contest. Houses need to be decorated and entered into the contest by Dec. 7. Judging will take place on Dec. 16 and 17.

Horse drawn carriage rides will be offered from 1 to 4 p.m. on Saturdays in December. They will start from Santa's castle on Toft Avenue, and are free if receipts from Antioch businesses totaling \$25 are shown. Otherwise, the price is \$5 a person.

The community can enjoy either a movie or a magic show at 10:30 a.m. on Saturday, Nov. 25. PM&L Theatre will present Magic Dave for the admission price of two non-perishable food items. At the same time, First National Bank Employee-Owned will show "Christmas with the Kranks," also at a price of two non-perishable food items.

For more information on these activities, call the village at (847) 395-1000 or the Chamber of Commerce at (847) 395-2233.

Local Digest

Women's Club meeting

The Antioch Woman's Club will meet at 11 a.m. on Wednesday, Dec. 13, at Maravela's Restaurant in Fox Lake. No program will be take place this month. Call Maureen Fremgen at (387) 395-5968 for more information.

Game day

The Antioch Senior Center offers Bears fans a fix throughout football season. Each game day the center shows games on its 71-inch LCD high definition television. The Senior Center is located on Holbek Drive behind the Antioch Fire Department. Call (847) 395-0139 for more information.

Relay meeting

The Relay for Life of Antioch/Lakes Area will have two informational meetings about next year's Relay for Life event. The first meeting will take place

at 6:30 p.m. on Monday, Nov. 27, at the Antioch Public Library. The next will take place at 7 p.m. on Wednesday, Nov. 29, at the Lake Villa Library. Both gatherings will offer more details about the event. The 2007 relay is scheduled for July 28 and 29.

For more information, call Becky Koman at (847) 356-4378.

Road closure rescheduled

Wadsworth Road will reschedule its closure planned for Monday, Nov. 6, to Monday, Nov. 27. The closure will last for four days. It will allow the Canadian Pacific Railroad to install new rubber crossing material at this crossing. Wadsworth Road crosses the tracks between Route 41 and Kilbourne Road.

The signed detour route for the closure will be Route 41/Skokie Highway to Route 173/Roscerans Road to Kilbourne Road.

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GURNEE

Business weathers transition period

Gurnee office stays open despite lengthy Better Business Bureau file

By EMILY PREVITI
epreviti@nwnewsjournal.com

GURNEE — Wisconsin license plates appeared on many cars parked Nov. 16 in the lot of Saratoga Square, at Washington Street and Route 21.

Three couples and a woman entered the office of Harbor Resort Management just before 7:30 p.m. They said they came to attend the last 90-minute sales pitch of the evening.

The Wisconsin Better Business Bureau issued a press release Nov. 14 to warn consumers about Vacation Resort Management, a timeshare sales company with offices in Gurnee, Oak Park and Batavia.

Timeshares are vacation properties in which owners split costs among themselves. The timeshare sales company acts as the middle man and oversee of the agreement.

Marcello Sozio, vice president of operations for Harbor Resort Management, said Harbor bought Vacation in mid-October. Harbor has continued to do business at Vacation's sites, in addition to its headquarters in Las Vegas.

Sozio said the company plans to open an office in New York City.

Susan Bach, media coordinator for the Wisconsin Better Business Bureau, said two Wisconsin residents filed complaints against Vacation after Sozio claimed the merger happened.

Tom Joyce, media coordinator for the Illinois Better Business Bureau, said 10 complaints were filed from September through Nov. 13 by people from "all over."

What consumers say

All 29 complaints against Vacation are on file with the Illinois bureau because the company was headquartered in Batavia since its start in 2004.

The complaints deal with advertising, contracts, billing and collection, sales practice, and other issues.

Bach said telemarketers convinced people to attend sales presentations by promising

prizes that included cars, vacations and flat-screen televisions.

Sozio disputed the characterization, saying the people who contact potential buyers are not telemarketers, but "appointment makers" who work for subcontracted marketing companies.

"They're going there expecting to win a Cadillac," Bach said. "According to the information from our previous complainants, that's not happening."

When they try to claim their gifts, they must sit through a 90-minute timeshare sales pitch, and are not awarded the expected prizes.

Joyce's examination of specific complaints revealed that some complaints alleged delayed or failed delivery of certificates for groceries or shopping sprees. Others, he said, claimed they were promised they could reserve their timeshare within a shorter time span — and for less money — than they actually could.

Transition blamed

Sozio said this is not "the way [Harbor] does business."

He attributed the overlap in questionable practices to the transition period. Sozio said he plans to make major changes when he visits the Illinois offices in December.

"We're still working our way through ... issues and problems left behind," Sozio said. "One of the reasons they sold out ... [is that] they were overwhelmed by what they were doing. They didn't have the ability or facility to fulfill the things they promised."

Joyce said that there is often a lag between marketer-customer contact and the filing of complaints.

Sozio also said Harbor preapproves the scripts that marketing companies should use. Individuals deviate from the script, he said, to convince people to visit Harbor's offices, as their pay depends on the number of potential buyers they can get to attend presentations.

Roughly 10 percent of those who attend Harbor's sales pitch-

es decide to buy a timeshare, Sozio said.

"Our complainants said they were guaranteed [a prize], so that's why they thought it was worth their time and effort to drive all the way down there, to Gurnee," Bach said.

But apparently, such a guarantee is not needed to attract customers.

Legal and profitable

One woman, who declined to give her name, said she was alerted via phone that she was a finalist for a prize.

Sozio said that change in wording is one of many easy fixes that he anticipates will assuage consumers' concerns about the business.

"We are what we are," he said of the \$17 billion-a-year timeshare-sales business. "There's nothing illegal about making a profit."

The Better Business Bureau isn't a regulatory agency, but tracks consumer complaints regarding businesses for three-year reporting periods. The bureau does, however, share information with the U.S. Department of Consumer Protection or law enforcement agencies.

"Our advice to people is that, if they've lost money, to share information with us so that others can access it when they are doing prepurchase research [and] also file a report with local law enforcement agencies," Bach said.

Questions remain

On Aug. 21, the Illinois bureau suspended Vacation's membership because its activities reflected poorly on the Bureau.

"One of the questions was their membership in the Better


Business Bureau can't have outstanding complaints that are unresolved and can't have a pattern of complaints, so that's why they had been asked to resign," Joyce said.

The bureau's files reveal Vacation's unsatisfactory record and outstanding complaints. Companies have 90 days to remedy the complaints before the bureau classifies them as unresolved.

The bureau has processed 29 complaints about the company in the last 36 months, the Bureau's standard reporting period. Twenty-three were closed.

"Apparently, [the company] gave people what they allegedly promised them," Joyce said.

Southern Nevada's Better Business Bureau rates Harbor as "satisfactory," though the company does not belong to the bureau.



Antioch Chamber of Commerce & Industry

ANTIOCH FOR THE HOLIDAYS

Friday, November 24th	Saturday, November 25th
Christmas Walk 4-8 pm	Free* Magic Show 10:30 am
Holiday Parade 6:30 pm	Free* Christmas Movie
Tree Lighting Ceremony	10:30 am
Caroling • Santa Arrives	
Santa's Castle Opens	

*requires 2 non-perishable food item donation

For information, call
The Antioch Chamber of Commerce at 847-395-2233 or visit our Website at AntiochChamber.org

Orchard & Skidmore
(Near Intersection of 83 & Orchard)
847-395-2233 • www.AntiochChamber.org

ANTIOCH

• **Northern Illinois Conservation Club general meeting.** 7 p.m.,

Tuesday, Nov. 27. Clubhouse, one-half mile south of Rt. 173 on east side of Rt. 83. For more information, call (847) 395-NICC or visit www.lake-online.com/nicc.

• **Antioch Public Library District Board meeting.** 7 p.m., last Tuesdays. 757 N. Main St. Call (847) 395-0874 to confirm.

• **Bingo.** 12:45 p.m., Mondays. The Senior Center. Call (847) 395-0139 for details.

• **Bingo.** 6:45 p.m., Tuesdays. Antioch VFW. Doors open at 4:30 p.m. Call (847) 395-5393 for more information.

• **Pinochle.** 12:30 p.m., Thursdays and Fridays. The Senior Center. Call (847) 395-0139 for details.

• **Take Off Pounds Sensibly meeting.** 6:30 p.m., Wednesdays, weigh-in, 7 p.m. meeting. The Senior Center, 817 Holbek Dr. Call Dorothy Stark at (847) 395-7407 or Betty Muller at (847) 838-3907 for more information.

• **Kiwanis Club of Antioch meeting.** Noon, Tuesdays. Bacchus Restaurant. The public is welcome to join and share experience, knowledge and service project ideas. Call Melissa at (847) 489-8044 or e-mail at mjrigoni@hotmail.com for more information.

• **Antioch Jaycees meeting.** 7:30 p.m., last Mondays. Regency Inn. For more information, call (847) 395-8035.

• **AARP Chapter 387 (for adults 55+) meeting.** 1 p.m., second and fourth Tuesdays. The Senior Center, 817 Holbek Dr. Call Sharon Nowak at (847) 395-5068 to learn more.

• **Lakes Area Community Band rehearsal.** 7-9 p.m., Mondays. Antioch Community High School band room. Area musicians high school age and older are welcome to join. No auditions. Call Debbie Davis at (847) 395-0272 to learn more.

• **Open gym.** 7-9 p.m., Sundays. Antioch Community High School. \$2. Adults only.

BARRINGTON

• **Grandparents Who Are Raising Their Grandchildren support group meeting.** 10-11:30 a.m., Thursdays. Call Stephanie Loda at (847) 432-4981 for details.

• **International Adoption informational meeting.** 7-9 p.m., fourth Mondays. Good Shepherd Hospital, 450 West Rt. 22. Hosted by The Cradle. For more information, call (847) 475-5800.

FOX LAKE

• **Bingo.** 6:45 p.m., Thursdays.

American Legion Auxiliary Post 703, 703 N. Rt. 12. Call (847) 587-2323 for information.

• **Bingo.** 7 p.m., Saturdays. Fox Lake Volunteer Fire Department, 114 Washington St.

• **Take Off Pounds Sensibly support group meeting.** 6:15 p.m., Tuesdays. Fox Lake Community Center, South St. Call Jan at (847) 587-2727 for information.

GRAYSLAKE

• **CLC Annual Holiday Art Sale.** Dec. 2-5: Saturday, 9 a.m.-4:30 p.m.; Sunday, 1-5 p.m.; Monday-Tuesday, 9 a.m.-9 p.m. Features original art. Robert T. Wright Community Gallery of Art Atrium, Learning Resource Center, Grayslake Campus. Parking is available in lots 7 and 7A. For more information, call Donna Sands at (847) 543-2405.

• **CLC Jazz Concert, featuring the Chicago Metropolitan Jazz Orchestra and the CLC Monday Night Jazz Ensemble.** 4 p.m., Sunday, Dec. 3. James Lumber Center for the Performing Arts, Mainstage Theatre, Grayslake Campus, 19351 W. Washington St. Tickets are \$4. For tickets, call (847) 543-2300 or visit www.clcillinois.edu/tickets.

• **6th Annual Tradition of Homes holiday home tour.** Noon-4 p.m., Sunday, Dec. 3. Four homes and the Grayslake Municipal Historical Museum will be open. The tour will begin at the Village Hall, 10 S. Seymour. Proceeds benefit the activities of the Grayslake Junior Woman's Club. Tickets are \$10 in advance and \$15 on the day. For more information, call (847) 604-1220.

GURNEE

• **Network Lake County meeting.** 8-9 a.m., Thursdays. A business networking group meeting in Gurnee. Call Boyce Buckner at (847) 838-0058 to learn more.

• **LeTip Networking Group meeting.** 7:01-8:31 a.m., Wednesdays. Panera Bread, 6557 Grand Ave. Local business owners promote their businesses and exchange leads. Guests are free. For more information, call Dennis Dean at (847) 231-3009.

• **Breakfast Exchange Club of Gurnee.** 7 a.m., second and fourth Tuesdays. In-Laws Restaurant, 720 N. Milwaukee Ave. Call (847) 599-6600 for information.

• **Exchange Club of Gurnee meeting.** Noon, Tuesdays. Salutos Restaurant, 7680 Grand Ave.

• **Bingo.** 7 p.m., Saturdays. American Legion Hall, 749 Milwaukee Ave.

• **Gurnee Kiwanis Club meeting.** 7:30-8:30 a.m., Wednesdays. IHOP Restaurant, 5670 Northridge Dr. Call

Cathy at (847) 263-4966 for details.

• **Gurnee Rotary Club meeting.** 7:30 a.m., Thursdays. In-Laws Restaurant, 720 N. Milwaukee Ave.

• **Or Tikvah Sisterhood meeting.** 7 p.m., fourth Tuesdays. Warren-Newport Public Library, 224 N. O'Plaine Rd. For more information, call (847) 856-1440.

• **Viking Park Singers rehearsals.** 7:30-9:30 p.m., Tuesdays. Viking Park Dance Hall. Interested singers are welcome.

• **Lake County Mother of Twins and More Club meeting.** 6:30-8 p.m., fourth Tuesdays. Joy Lutheran Church, 749 S. Hunt Club Rd. Call (866) 248-7670, ext. 1264, before attending.

• **Singles (ages 55+) Breakfast Group meeting.** 8:30 a.m., Saturdays. In-Laws Restaurant, 720 Milwaukee Ave. Call Chuck at (847) 362-5458 for details.

• **Lake County Philatelic Society meeting.** 7 p.m., fourth Tuesdays. Warren-Newport Public Library, 224 N. O'Plaine Rd. Area stamp collectors are invited. For more information, call (847) 244-4048.

INGLESIDE

• **Holiday Social.** 1-4 p.m., Sunday, Dec. 3. Fox Lake-Grant Township Area Historical Society, 411 Washington St. For more information, call (847) 587-5044.

• **Fox Lake/Round Lake Area Rotary meeting.** Noon, Fridays at Za Za's, 69 Washington.

• **Grant Hall Museum.** 1-4 p.m., Sundays. Fox Lake-Grant Township Area Historical Society, 411 Washington St. Admission free, donations accepted. For information, call (847) 587-0544 or mail P.O. Box 224, Ingleside, IL 60041.

• **Grant Township Republican Club meeting.** 7:30 p.m., fourth Tuesdays. Township Building, 26725 W. Molitor Rd. Call (847) 740-2233 for more information.

ISLAND LAKE

• **2nd Annual Holiday Mall.** 10 a.m.-3 p.m., Saturday, Dec. 2. Cotton Creek School, 545 Newport Ct. Shop from vendors and village businesses.

LAKE VILLA

• **Weigh to Win meeting.** 7-8 p.m., Tuesdays. Calvary Christian Center, Monaville Rd. Call (847) 356-6181 to learn more.

• **Lake Villa Take Off Pounds Sensibly meeting.** 5:30 p.m., Wednesdays. Church of the Holy Family, 25291 W. Lehman. Call Cathy at (847) 587-7710 or Debbie at (847) 687-5531 for details.

• **MOMS Club of Lake Villa/Lindenhurst meeting.** 9:30 a.m., Mondays. Lake Villa District

Library, 1001 Grand Ave. Children welcome. For more information, call Erin Bearss at (847) 546-1545.

LAKE ZURICH

• **Lake Zurich Take Off Pounds Sensibly meeting.** 5 p.m., Wednesdays. St. Matthew Lutheran Church, 24500 N. Old McHenry Rd. Lose weight with group support. Call (847) 550-6415 for details.

• **The Village Singers rehearsal.** 7:30 p.m., Mondays. Good Shepherd Bible Church, 330 S. Old Rand Rd. The Village Singers of Lake Zurich are a non-audition, community, mixed choir. Call Jeannine Saltman at (847) 726-2011 to learn more.

LINDENHURST

• **Lindenhurst Village Board meeting.** 7 p.m., second and fourth Mondays. Village Hall Boardroom. Call (847) 356-8252 for more information.

• **Free blood pressure screening.** 8 a.m.-noon, Mondays. Victory Lakes Continued Care Center. Call (847) 356-5900 to learn more.

McHENRY

• **Fibromyalgia support group meeting.** 7 p.m., fourth Tuesdays. Northern Illinois Medical Center (Centegra). For more information, call Lois at (815) 653-7171.

MILLBURN

• **Millburn Chapter 570, Order of the Eastern Star meeting.** 7:30 p.m., second and fourth Tuesdays. Millburn Masonic Lodge, Rt. 45 near Grass Lake Road. For more information, call Worthy Matron Clarissa Mellen at (847) 224-3698.

RIVERWOODS

• **Prairie Knitters meeting.** 7:30 p.m., fourth Tuesdays. Riverwoods Town Hall, 300 Portwine Rd. New members welcome. Call Shari at (847) 374-1602 for more information.

ROUND LAKE

• **Bingo.** 6:30 p.m. Saturdays. St. Joseph's, Lincoln Ave. Doors open at 3:45 p.m.

• **Knights of Columbus Bingo.** 3 p.m., Sundays. St. Joseph's Church, 114 N. Lincoln, Round Lake.

• **A Safe Place support group meeting.** Wednesdays. For women who are dealing with abuse in their homes. All are welcome. No fees. Call A Safe Place at (847) 249-4450 or (847) 249-6557 (TTY) or go to asafeplaceforhelp.org for more information.

• **Big Brothers, Big Sisters meeting.** 6:30-8 p.m., Mondays. Calvary Presbyterian Church, 510 Cedar Lake Rd. Call (847) 360-0770 for information.

• **Round Lake Alano Club**

dances. Fridays. Call (847) 223-9706 for location.

• **Saturday Night Drop-In.** 5-7 p.m. for middle schoolers; 7:30-9:30 p.m. for high schoolers. Round Lake Area Park District Teen Center. Call (847) 546-8558 to learn more.

ROUND LAKE BEACH

• **Arts & Crafts Fair.** 9 a.m.-3 p.m., Saturday, Dec. 2. Avon School, 1617 N. Rt. 83. Free admission, bake sale, instant \$1 craft raffle. For more information, call (847) 548-6509.

• **Village of Round Lake Beach Council meeting.** 7 p.m., second and fourth Mondays. 1937 N. Municipal Way. Call (847) 546-2351 to learn more.

• **Take Off Pounds Sensibly 892 meeting.** 6 p.m., Thursdays. Condell Acute Care Center, 2 E. Rollins Rd. Call (847) 587-8091 or (847) 587-7124 to learn more.

• **Lake County Community Health Partnership Immunization Clinic.** 4-6 p.m., fourth Tuesdays. Condell Acute Care Center, 2 E. Rollins Rd. For more information, call (847) 377-8470.

ROUND LAKE PARK

• **Village of Round Lake Park Committee meeting.** 7 p.m., second and fourth Tuesdays. Village Hall, 203 E. Lake Shore Dr. Call (847) 546-2790 for information.

SPRING GROVE

• **Fox Lake School District 114 Board of Education meeting.** 7 p.m., fourth Tuesdays. Lotus School, 29067 W. Grass Lake Rd.

WADSWORTH

• **St Patrick Knights of Columbus Christmas Craft Fair.** 9 a.m.-4 p.m., Saturday, Dec. 2. St. Patrick School gymnasium, 15000 Wadsworth Rd. More than 30 crafters and exhibitors. Free admission. Call Brian Gallagher at (847) 651-5362 for more information.

ZION

• **A Safe Place support group meeting.** Mondays. For women who are dealing with abuse in their homes. All are welcome. No fees. Call A Safe Place at (847) 249-4450 or (847) 249-6557 (TTY) or go to asafeplaceforhelp.org for more information.

• **Zion Park District Senior Citizens Club meeting.** 10 a.m., Wednesdays. Shiloh Center, 2600 Emmaus Ave.

• *To submit an item to the Calendar, e-mail to wjcalendar@weeklyjournals.com, phone (847) 223-8161 or fax (847) 223-8810 at least 14 days before the event.*

Local agency looks to curb energy costs

By TARA CLIFTON
tclifton@nwnewsgroup.com

A county organization offers a light at the end of the tunnel for those battling high energy bills.

The Community Action Partnership of Lake County, a social service agency, helps low-income residents pay their gas and electric bills through its Low Income Home Energy Assistance Program.

Applications to receive assistance will be taken until May 31, according to Tom Seno, energy director for Community Action Partnership.

The program also can be a doorway to the agency's various services, such as counseling and education.

“Those [who don't know about the program] are the people [who] need the most help.”

Tom Seno

Energy Director for Community Action Partnership

Eligibility for the energy assistance program is limited to households at or below 150 percent of the federal poverty income level. Residents are responsible for all paperwork and documentation, and must schedule an appointment.

Seno said that a household's monthly income is evaluated.

If qualified, residents receive a one-time credit for gas or electric bills, or both, Seno said.

In addition to offering direct financial assistance, Seno said Community Action Partnership employees work on houses to make them energy efficient. Last year, about 9,000 homes in the county were weatherized, Seno said.

People who struggle with utility bills usually have a fluctuating income, and may not realize they qualify for such programs, Seno said.

“Those are the people [who] need the most help,” he said.

For a composite of LIHEAP sites see page A13

Keeping the holiday spirit



Justin Runquist - jrunquist@nwherald.com

Andrea Brennan plays with her Labradors Marnee, Bridget, and Maggie at her Woodstock home. Brennan lost her husband Luke to lung cancer last October, and said she could not get through the day without her dogs.

People find ways to deal with loss during the holidays

By JOCELYN ALLISON
jallison@nwherald.com

Luke Brennan always told his wife, Andrea, that no matter how old she got, he'd always take care of her and make sure she was never without a black Labrador retriever.

The couple trained Labradors for field trials, and at the time kept eight at their Woodstock home.

Before he died Oct. 1, 2005, Luke Brennan arranged to give a gift that fulfilled his promise: a stuffed black Lab with a voice recording that pledged his love.

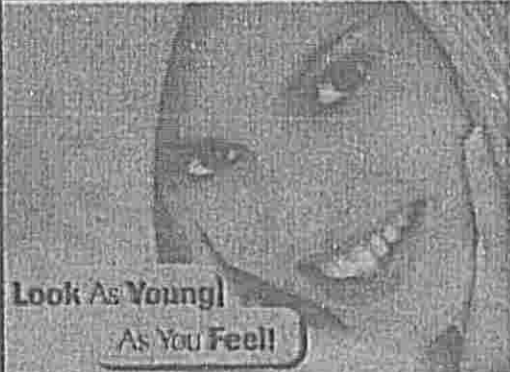
“I'll miss you forever, and I'll save you a spot,” he said on the recording.

The couple's grandchildren gave Andrea Brennan the stuffed Labrador last Thanksgiving and set

an empty place in their grandfather's honor.

Seeing the empty place-setting was tough, said Andrea Brennan, 68. But for people who are grieving the loss of a loved one – and dreading the holidays because of it – tactics like these can help, local grief counselors said.

See GRIEF, page A18

Locally owned by Dr. James Doherty, Optometrist			
 <p>Look As Young! As You Feel!</p>	<p>Enhancements Include:</p> <ul style="list-style-type: none"> *Permanent Makeup *Eyebrow Arching *Facial Waxing *Brow & Lash Tinting 	<p>Skin Treatments Include:</p> <ul style="list-style-type: none"> Acne Treatments Rosacea Treatments *Microdermabrasion *Chemical Peels I.P.L. Hair Removal 	<p>AccuVISION Sweet Water Crossing • Round Lake Beach 2183 N. Route 83 • 847-223-2020 1/2 Mile North on Rollins Road on Rt. 83 Linden Plaza • Lindenhurst 1/2 Mile West of Rt. 45 on Rt. 132 847-356-2900 (Cosmetic Services Not Available in Lindenhurst)</p>
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<p>\$100 OFF Regular Priced & RX Sunglasses</p>		<p>EYE EXAM New Patient Special \$39 With In-Office Discount Plan, Ask for details</p>	
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Forest preserves seek toy donations for campaign

LAKE COUNTY JOURNALS

Those who hope to help many Lake County children have a happy holiday season are encouraged to bring new, unwrapped toys to Lake County Forest Preserve Toys for Tots drop-off sites between now and Dec. 15.

Sponsored by the United States Marine Corps Reserve, Toys for Tots collects and distributes new toys to needy children in Lake and McHenry counties and across the U.S.

Toys also can be dropped off in the lobby and on the 10th floor of the Lake County Court and Administrative Complex located at 18 N. County Street in downtown Waukegan. For hours and directions, call (847) 377-2000.

In 2005, the Marines distributed more than 18.5 million toys to 7.5 million needy

children nationwide. Campaigns are conducted in 516 communities covering all 50 states, the District of Columbia and Puerto Rico.

For more than a decade, the Lake County Forest Preserves has participated as a drop-off site for Toys for Tots campaign.

The Lake County Toys for Tots campaign is coordinated by the Marines of Weapons Company, 2nd Battalion, 24th Marines, headquartered in Waukegan. For more information about Toys for Tots, visit the Web site at www.ToysForTots.org.

To request toys this holiday season, please contact the Marine Corps Reserve Toys for Tots Coordinator at 847-688-7129, ext. 416, for information on how to qualify and distribution locations in your area. Deadlines might apply.

Drop-off sites

Bring your donation to any of the following five Forest Preserve locations:

- **Lake County Forest Preserves General Offices**, 2000 N. Milwaukee Ave., just north of Route 137 near Libertyville. Open Monday-Friday, 8 a.m. to 5 p.m.
- **Greenbelt Cultural Center**, located on Green Bay Road south of Belvidere Road (Route 120) near North Chicago and Waukegan. Open Tuesday-Friday, 11 a.m. to 5 p.m.
- **Lake County Discovery Museum**, located in Lakewood Forest Preserve on Route 176 west of Fairfield Road near Wauconda. Open Monday-Saturday, 11 a.m. to 4:30 p.m., Sunday, 1 to 4:30 p.m.
- **Ryerson Woods Welcome Center**, in the Ryerson Conservation Area, on Riverwoods Road south of Route 22 near Deerfield. Open Monday-Saturday, 9 a.m. to 5 p.m., Sunday, 11 a.m. to 4 p.m.
- **Independence Grove Forest Preserve (Visitors Center)**, located on Buckley Road east of Milwaukee Avenue (Route 21), near Libertyville. Open daily 9 a.m. to 4:30 p.m., except when posted for special events. Call ahead at (847) 968-3499 before dropping off toys to check hours.

Lake County Partners review county's industrial outlook

By HELEN MANSFIELD

hmansfield@nwnewsjournal.com

LINCOLNSHIRE — Ask Morton Marcus how Lake County should spend money on its infrastructure, and one will get a surprising answer — link

the county up to its airports. Marcus, director emeritus at the Indiana Business Research Center at Indiana University, was the keynote speaker at the Nov. 15 annual meeting of the Lake County Partners. The breakfast meeting, sponsored

by Abbott, took place Wednesday at the Lincolnshire Marriott.

Taking an old joke from Harry Truman, Marcus said the president had always wished for a one-armed economist. That way, Truman believed the econ-

omist couldn't make a statement about the economy, only to add "but, on the other hand ..."

Marcus said his approach to the economy is a "three-fingered approach."

"One finger is a thumbs up to show the economy is good," Marcus said.

He uses his index finger to wag at businesses that aren't performing as they should; the third finger he reserves for politicians.

Marcus said, Lake County wants to continue to be the corporate headquarters for world industry leaders like Abbott, if it will have to make it easier for its executives to get to and from local airports.

"Do you want to go to O'Hare and be treated like a piece of meat, or would you rather get on a plane with dignity?" Marcus asked.

He said Palwaukee and Waukegan airports are "assets in this county that must be protected."

Marcus said there has been about 3.3 percent growth in the economy and that the gross national product will slow to about 3 percent, which he adds should not be mistaken as a downturn or a recession.

With many businesses cutting their staffs from the bottom and at the lower-management end, Marcus said that is actually a good trend.

"It's wonderful," Marcus said. "These people will get into something they will excel at, but they are having problems

“When they [high schools] become liabilities, communities die.”

Morton Marcus

Director Emeritus at the Indiana Business Research Center at Indiana University

transitioning.”

Marcus compares the paring down of a company to when manual elevators became automated. Many elevator operators did retire, some were out of work for a time, but the majority moved on. He said having imagination is the key to any transition, adding it is "the essence of success."

He told the crowd that a seller of iPods makes about 5 percent per unit; those who invented the iPod make about 40 percent. He asked the audience to consider which scenario seemed better.

Another area that Marcus thinks Lake County residents and businesses should invest in are the area's high schools. Having the excellent high schools, according to Marcus, is an asset to a community that no amenity can match.

"A community's reputation depends on its young people," he said. "When they [high schools] become liabilities, communities die."

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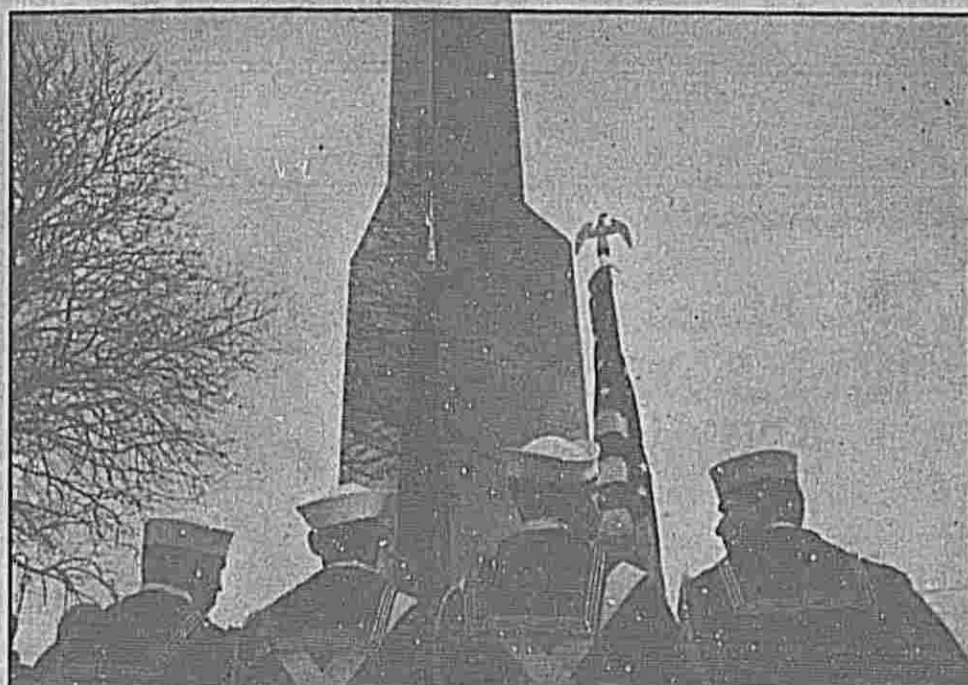
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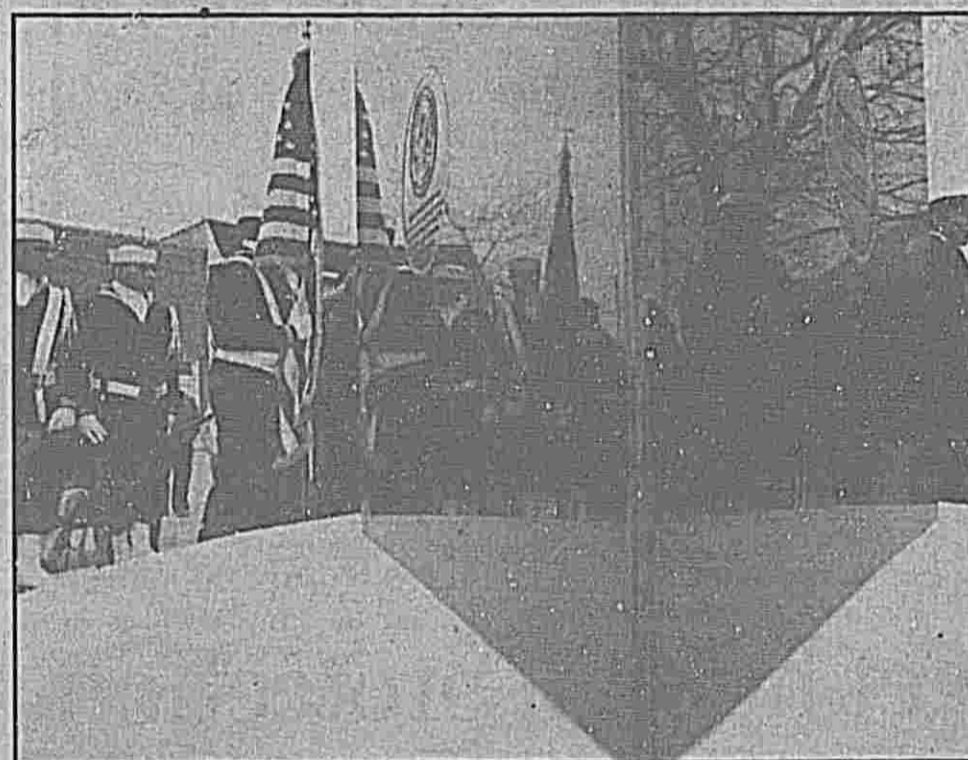


Golden tribute



Chris Padgett - cpadgett@nwnewsgroup.com

Members of color guard stand beside the new monument at Veterans Memorial Park, in North Chicago, before the dedication ceremony. Veterans Memorial Park is a tribute to the Golden 13, the first black men to be commissioned in the U.S. Navy as officers.



Chris Padgett - cpadgett@nwnewsgroup.com

Members of color guard stand in the reflection of the new monument at Veterans Park, in North Chicago, before the dedication ceremony.

LIHEAP Outreach sites

Cuba Township
28000 W. Cuba Road, Barrington
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Ela Township
99 East Main St., Lake Zurich
(847) 438-7823

Freemont Township
22376 W. Erhart Road, Mundelein
(847) 223-2847

Grant Township
26725 W. Molitor Road, Ingleside
(847) 740-2233

Libertyville Township
359 Merrill Ct., Libertyville
(847) 816-6800

Moraine Township
777 Central Avenue, Highland Park
(847) 432-3240

Shields Township
906 Muir Ave., Lake Bluff
(847) 234-0802

Vernon Township
3050 N. Main St., Buffalo Grove
(847) 634-4600

Warren Township
17801 W. Washington St., Gurnee
(847) 244-1101 Ext. 509

Wauconda Township
505 W. Bonner Road, Wauconda
(847) 526-2631

West Deerfield Township
601 Deerfield Road, Deerfield
(847) 945-0614

Zion Township
2800 Sheridan Road, Zion
(847) 872-2811

Murder suspect surrenders to police

By MATT PERA

mpera@nwnewsgroup.com

WAUKEGAN — Wearing jeans and a white T-shirt, Clifford Powers stood expressionless in Lake County Court on the afternoon of Nov. 16, as Judge Charles Johnson ruled he be held on \$3 million bail.

Powers, 18, of unincorporated Libertyville, turned himself in to authorities at the Lake County Courthouse earlier that morning after police had issued a warrant for his arrest in connection with the Nov. 6 murder of Bernard Soya, also 18.

He is charged with two counts of first degree murder and could face life in prison if convicted.

The Libertyville Police Department, in cooperation with the Lake County Major Crimes Task Force, issued the warrant for Powers on Nov. 13.

Police originally suspected Powers fled the state, and had been working during their search with authorities in Tennessee, Wisconsin and Missouri, where Powers has family, Libertyville Police Chief Pat Carey said.

But Carey said Powers' Waukegan-based attorney, Stephen Scheller, contacted the task force on behalf of his

client on Monday in order to negotiate his surrender.

Police had determined during their investigation that Powers met with Soya in the parking lot of a dog grooming business located at 1068 E. Park Ave., in Libertyville, on Nov. 6 "for the purpose of narcotic trafficking."

Investigators received information through interviews that Powers and Soya began fighting, at which time Powers allegedly fired a handgun at Soya and fled.

Matt Chancey, chief of the criminal division of the Lake County State's Attorney's office, said during the hearing that a witness told authorities he dropped Powers off in the Libertyville business' parking lot on Nov. 6.

At that point, a witness told police, Powers said he was going to "take the drugs" without paying for them. The witness told police that Powers returned and said Soya tried to take the gun, at which time shots were fired.

Libertyville police discovered the body of Soya, whose last known address was Deerfield, on the morning of Nov. 7, in a rented KIA Sedona in the parking lot.

Soya had been shot multiple

times, according to Lake County Coroner Richard Keller, and suffered a fatal gunshot wound to the head.

Libertyville police, in cooperation with the LCMCTF, ruled the case a homicide on Nov. 8.

Asst. Cmdr. Don Smith, of the LCMCTF, said there was marijuana found in the vehicle, but added it was not clear where it came from or who it belonged to, and was not certain how much was found at the scene.

Carey said Soya, a graduate of Deerfield High School, has family in both Ohio and Wisconsin.

It is the first homicide in Libertyville since 2001, Carey said.

Powers also was wanted on an outstanding Lake County warrant for failure to appear in court on Nov. 9 for a trial involving a domestic battery charge.

Johnson said that warrant, combined with the fact that Powers was at large for more than a week after the shooting, led to the \$3 million bond, as opposed to the \$1 million, which it was initially set. Chancey said \$3 million was not a rare bond for a suspect in a first-degree murder case.

Powers' preliminary hearing was scheduled for 10:30 a.m. on Dec. 11.

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Our View

Pols need new campaign rules

Another vicious state and legislative election is behind voters, and most of them want campaign reform.

Illinois often sells political office to the highest bidder. Illinois is one of only four or five states that puts no limits on campaign contributions.

More than 70 percent of people believe that officeholders won't follow through on promises because they have been compromised by big campaign donors, according to a survey of people in five Midwest states by the Joyce Foundation of Chicago.

Almost two-thirds of people say politicians never do what is right. They rank the influence of money in campaigns as an "extreme concern" at 38 percent, which is about the same percentage of concern for jobs, public schools, the state economy and state taxes.

But not all is gloom and doom. Almost two-thirds of people disagreed with the notion that corruption cannot be fixed. There's hope in that number. The poll, conducted June 14 through July 6, had a margin of error of 2.9 percent.

The influence of money in politics and corruption in Illinois government were among the top five concerns according to the poll, along with the price of gasoline, health care and education. The margin of error increased to 4.9 percent when broken down by state.

Gov. Rod Blagojevich, who mouths the right words about campaign reform, won't voluntarily abide by what he says.

The Democrat spent at least \$16.5 million on the general election to defeat Republican Judy Baar Topinka, who raised "only" \$5.7 million.

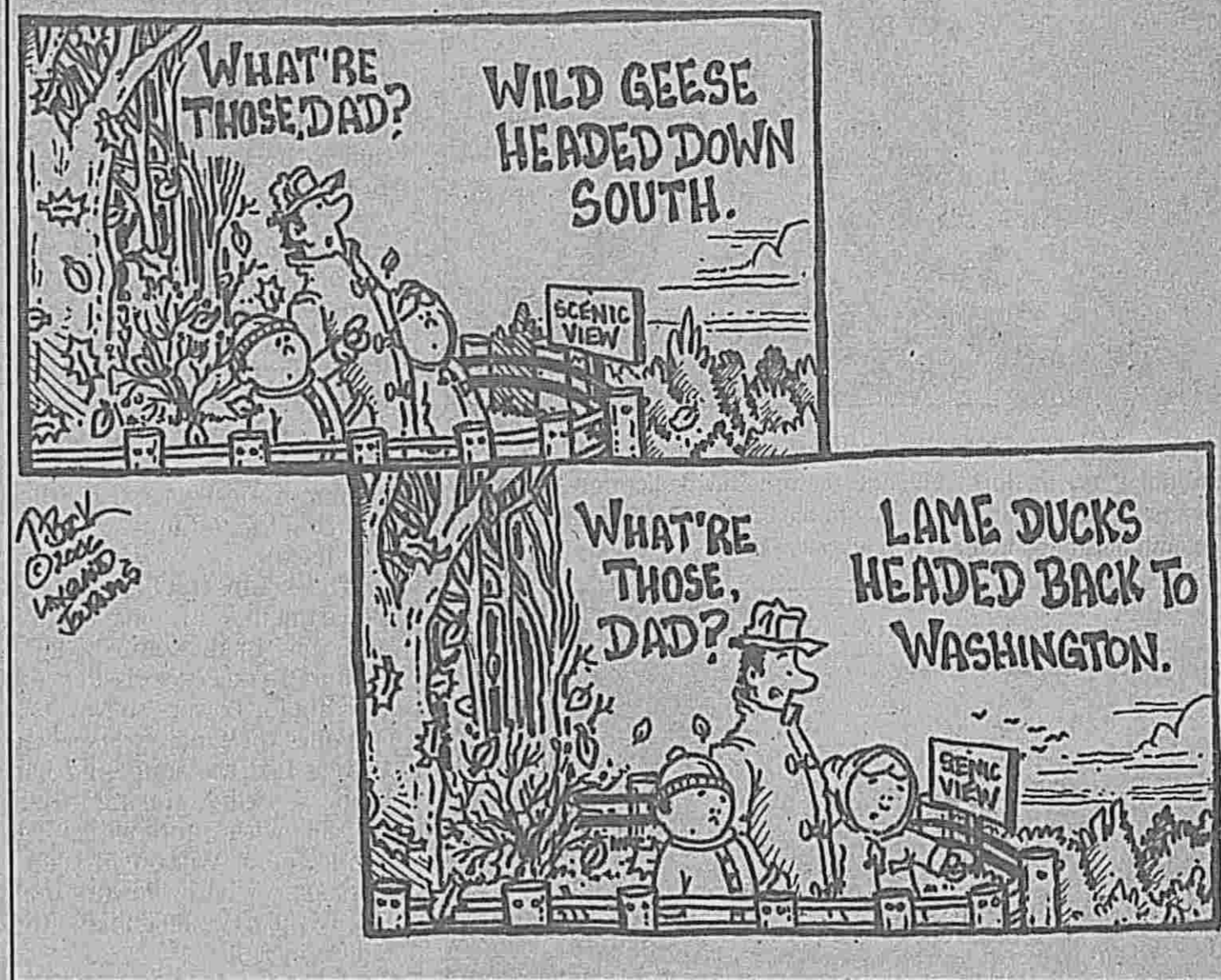
Attorney General Lisa Madigan spent \$2.9 million, Secretary of State Jesse White \$2.4 million, and Comptroller Dan Hynes \$1.3 million to defeat woefully underfunded Republican opponents. Democrat Alexi Giannoulis spent \$2.8 million to become state treasurer, more than three times his opponent. He spent about \$1.5 million in the primary.

In a questionnaire prepared by the Illinois Campaign for Political Reform, Blagojevich and Topinka agreed to each of 11 questions posed to reform campaign financing. Positions ranged from banning direct campaign contributions from corporations and unions to limiting individual and political action committee spending. From banning contributions from utility and gaming operations to public campaign funding for candidates for the state Supreme Court.

Illinois needs stronger open-government laws, a state board of elections with teeth, and immediate disclosure of large donations, such as those at \$1,000 or more.

It all sounds good, but we all have heard it before.

Unfortunately, new rules sound good, but politicians always find ways around them. At the very least, Illinois could make them work harder to find the loopholes.



Seeing it Through

Mute swans get human protection

I have always supported candidates for public office who best represent the defenseless and voiceless in society. After all, the wealthy, the mighty, the corporate giants; they carry enough clout to influence decisions in government. It's the "others" who need someone to speak out for them.

In August, I read an article in a Wisconsin newspaper that led me to realize that it's not just defenseless people who need protection. The article was about plans by Wisconsin's Department of Natural Resources (WDNR) to kill mute swans in two lakes, the Upper and Lower Phantom Lakes, in Mukwonago. Yes, birds need protection, too. By the way, the birds are called mute swans because they usually don't make sounds unless they feel attacked and then make an awesome hissing sound.

My attention was first drawn to the article because for many years my wife and I have gone to Mukwonago to attend an an-

nual ethnic picnic there. We are of Croatian descent and the Movrich family started the event, which drew a friendly crowd and we enjoyed the personable ethnic pride of everyone who participated.

Now, I never knew there were such birds as mute swans. I always thought when you've seen one swan, you've seen them all. The mute swans are non-native to the area, but they were introduced to North America from England in the late 19th century. Some mute swans in the U.S. have made the two lakes in Mukwonago their home for quite a few years.

The mute swans can be compared to the trumpeter swans,

which are native to the area. The Department of Natural Resources is attempting to reintroduce the "singing swans" to the area, and the two species of birds often clash.

Evidently, the mute swans have been given something by nature to compensate for their lack of voice.

They are larger than the trumpeter swans and are naturally more aggressive, so they tend to chase the trumpeters from the area. It may be survival of the fittest.

Because WDNR wants to reintroduce the trumpeter swans to the two lakes, should that give the agency the authority to kill mute swans to make room for the native swans? WDNR officials claim that the mute swans are an invasive species and a nuisance.

The agency recently shot and killed two adult mute swans when the swans were seen near a trumpeter nest.

See MATIJEVICH, page A18



John S. Matijevich

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LAKE COUNTY
JOURNALS

● **Snapshot**

Your thoughts on this week's hot topic

"What are your expectations now that the democrats have taken the majority in the U.S. House and Senate?"



"The country's going to hell."

Nathan Varing
Grayslake



"Taxes are all going up."

Cathy Preusse
Island Lake



"I don't know how to answer that."

Angele Amato
Wauconda



"I'm frightened."

Donna O'Malley
Island Lake

● **Partylines**

compiled by staff reports

Moderate candidate wins 'established' status

The new independent Moderate Party in the Illinois 8th Congressional District continued making history when its first candidate Bill Scheurer received more than 5 percent of the vote in last week's election.

With this showing, the new federal party, with a platform of peaceful security and open democracy, now qualifies as an "established party" under Illinois election law.

"This changes everything," says Jean Paskalides of Island Lake, an officer in the new party. "Now that we have secured ballot access, we can spend the next two years building the party in the district and recruiting strong candidates for the 2008 primary."

The Moderate Party now will take part in the 2008 primary, which is one of the several benefits of established party status.

To get its candidate on the ballot in 2006, the party had to gather more than 15,000 signatures in 90 days from registered voters throughout the 8th District. It also filed a federal lawsuit against the Democratic Party for "tampering with its petition drive."



Bill Scheurer
First Illinois 8th District Moderate Party candidate.

"This was our goal coming into the election," said Scheurer. "We wanted to get this foothold, to begin the process of opening up our democracy."

The two incumbent parties and their allied interests spent well more than \$10,000,000 to purchase their combined 95 percent of the vote, according to a release from Scheurer. The new independent party spent fewer than \$50,000 to gain its 5 percent share.

The 8th Congressional District covers parts of Lake, Cook, and McHenry, three key "collar counties" in the Chicago north and northwest suburbs.

TIF-eriffic

The Lindenhurst Board of Trustees started the ball rolling Nov. 13 toward the establishment of a TIF district on 245 acres of unincorporated land at Routes 45 and 132.

That night, Woodland District 50 School Board, Grayslake High School District 127 and Milburn School District 24 made official their opposition to the TIF.

Lindenhurst Mayor Jim Betustak dubbed naysayers as "par for the course."

"I'm doing what I need to do for the village of Lindenhurst," Betustak said. "We'll certainly try to communicate ... [but] we have different goals."

Development of the tract would likely increase property values and enrollment

at Grayslake and Milburn. The districts complained that they would have to provide for more students immediately, but wait up to 23 years for tax revenues adjusted for increased property values.

The schools also argued that the land is not, in fact, "blighted," as an area must be to qualify for designation as a tax increment financing district.

Lindenhurst must annex the land to have authority regarding such designation. And OliverMcMillan will not annex it without assurance of the designation.

Next year, trustees will vote on cross-referential, co-dependent ordinances that provide for designation and annexation.

If approved, the development - known as Village Green - would include 750 housing units and 450,000 to 750,000 square feet of retail space, where developer OliverMcMillan hopes to house high-end vendors.

Signing off

The election results have been known for weeks, but another stage of the campaign was a quieter one.

That is, the removal of campaign signs.

Fox Lake Building Commissioner Bill Hart said that the signs were removed starting Nov. 14, seven days after the election.

"The winners take them down, but the losers do not care," Hart said. "We

will maintain them for a while; we don't just throw them away. One year, the county sent out information stating that it is illegal for the signs to be placed on right-of-way. One federal election, people wanted to pick them up because of their cost."

Minimum increase

Gov. Rod Blagojevich applauded members of the Illinois Senate last week for approving legislation to increase the minimum wage from \$6.50 to \$7.50 an hour and provide for future cost-of-living adjustments indexed to inflation.

Senate Bill 1275 will not move the Illinois House of Representatives for consideration.

Under the terms of the senate bill, the state's minimum wage would rise beginning July 1 of next year. Starting in January of 2008, the minimum wage would be indexed to inflation to provide an annual wage adjustment in order to help workers keep up with rising prices.

According to a release from Blagojevich's office, up to 647,000 Illinois workers could benefit from the minimum wage increase.

"Someone working 40 hours a week, 52 weeks a year at the minimum wage earns just over \$13,000," Blagojevich said. "You can't raise a family on \$13,000 a year. Nearly 650,000 men and women in Illinois work for the minimum wage, and they have nearly 300,000 children."

Mute swans should receive freedom, like non-native coho salmon

● **MATJEVICH**

Continued from A19

The mute swans might be voiceless, but they have many resident voices who live around the two lakes. About 80 of the residents attended a WDNR meeting, where the agency was going to explain its rationale for shooting and killing all of the mute swans.

The "people voices" angrily objected to the plan. They said that the mute swans are beauti-

fully majestic, are harmless, are not a nuisance, and often treated as pets. The residents were so raucous in their opposition, the WDNR group walked out.

The residents carried the protest to Wisconsin Gov. Jim Doyle's office. That stalled everything, and WDNR announced that the "shoot to kill" plans were postponed at least until January.

"I guess that I just don't get it. With all of the small lakes in

Wisconsin and the midwest, is it right to kill the mute swan just because they are non-native?

It seems to me that both the mute swans and the trumpeter swans, without interference from humans, or shall I say government agencies, will find their rightful place in the environment. And, by the way, I learned that WDNR suspended plans to kill mute swans in other areas, where residents in large numbers objected to the

killings. Shouldn't the Mukwonago residents surrounding the lakes receive equal treatment?

It occurred to me that I haven't read anywhere that WDNR plans to eliminate the coho salmon from Lake Michigan.

The coho is not native to the Great Lakes and was introduced there to lure the fishing and boating industries. I'm sure that the coho fish have swallowed many fish that are

native to the Great Lakes. To native fish, the coho might be invasive and a nuisance.

WDNR wouldn't dare tread on the multimillions that the coho brings to Wisconsin by eliminating the salmon. No, they'd rather spend their time killing the voiceless and defenseless mute swan.

I hope that the Phantom Lakes natives win this one to keep the non-native mute swans as their permanent and beautiful neighbors.

Letters to the Editor

Tragic development

To the Editor:

As a parent and taxpayer of the Woodland school system, I am thoroughly disheartened to learn that the village of Lindenhurst has decided to move forward with the Village Green tax increment financing (TIF) ordinance that will potentially take away millions of dollars from our district. The proposed development is on [245 acres] of land along Route 45 and Grand Avenue.

What is a TIF? How could it take millions from Woodland? TIF is an ordinance imposed by villages and municipalities to capture tax dollars from other taxing bodies for its own use. Throughout the next 23 years, these dollars might be used to pay for infrastructure improvements or other enticements

to encourage development in what are considered "blighted" areas. While residents' taxes will continue to increase, they will no longer help support schools or other taxing bodies. Your taxes will now be supporting a commercial development that many of us had no voice in bringing to Lindenhurst. According to page 17 of the November Public Hearing Draft prepared by Teska Associates, the village of Lindenhurst is willing to use \$141 million of public money to promote this project. I believe the numbers speak for themselves.

Today, school districts across the nation face financial constraints. Like many districts, Woodland has made reductions and done its part to try to balance revenues and ex-

penditures. The reality for us is that school districts depend on commercial growth. More than 85 percent of our revenues are generated through local sources. The potential negative impact of this TIF on our district is not thousands, but millions of dollars in future revenues. The bottom line is this is money that will help support programs, fund our schools and benefit the district's top customers: our children and taxpayers. A TIF will negatively impact the district's long-range financial forecast.

I am seated on the board of education to advocate for the children and taxpayers of Woodland District 50. What happens in January, should this TIF ordinance be adopted, will affect the children, the taxpayers and the future

of the fifth largest elementary school district in the state of Illinois for the next 23 years.

Information regarding the TIF will be posted on a Web site that will be linked to our homepage, www.dist50.net. The site includes communications sent to the media and Lindenhurst officials as well as any other pertinent information that becomes available. We encourage you to visit our site so you can be informed.

The village board has been quoted as describing this development as the "gateway to Lindenhurst." It's such a tragedy that this gateway will be built at the expense of our children and taxpayers.

Carla N. Little

President, Woodland District 50
Board of Education
Gurnee

Misplaced loyalty

To the Editor:

I have been a resident of Lake County for more than 35 years living in Antioch, Lake Villa and Gurnee. I have always had the highest respect for Sen. Adeline Geo-Karis.

However, this last election has diminished that respect. I felt that Geo-Karis should have put her support behind her party and one-time friend, Sue Simpson, instead of backing someone from the opposing party. I felt (as many of the people I know do), that the issue at hand in the primary was concern for Geo-Karis' health, not her age, as one editorial that I read stated.

I really felt that Geo-Karis could have been a great asset to anyone elected to the office of senator. Her knowledge of the district and her years of service would be an asset to anyone coming into office for the first time.

It's a shame that hurt feelings made her endorse a candidate outside of her party.

It wasn't the party or Sue Simpson that didn't endorse her for another term; it was the voters.

Karen Palka
Gurnee

Paper ballot better

To the Editor:

Thanks to computerized tabulating, our elections have become third-world farces. In Cook County

we had an election night mob banging on the door of the county clerk, demanding to know why, just like last spring's primary election, counting mysteriously broke down two hours after the polls closed. Sadly, the mob tactics were necessary—just as mysteriously counting resumed right after the confrontation. There's no doubt in my mind that the Democratic county clerk was waiting for the Republican collar counties to report before he released his "results" for two key congressional races.

And lest anyone think I am just a partisan, here's a horror story where the shoe is on the other foot. Compared to absentee ballots, voters who used touch-screen machines in Sarasota County, Fla., were six times more likely not to vote (undervote) in the congressional race, where the Republican appears to have "won" by a few hundred votes. Democrats are right to wonder whether the Republicans, who control the election machinery of Sarasota County, were playing games.

Any election—punch card, optical scan, touch screen—that is "counted" by computer is at the mercy of the people who control the computer program. That's why an advanced country like Canada counts ballots the old fashion way—paper ballots put in an empty glass box, counted in each precinct in front of election observers of all sides.

Three days after the election, there are still about a dozen congressional races waiting to be decided as absentee and provisional ballots are counted. We have the worst of all possible worlds—election "results" are later than ever while electronic systems are very costly and totally unreliable.

Obviously the bipartisan group that runs this state is never going to change a thing unless we, the people, take drastic action. All of us—Democrat and Republican, young and old, black and white, rich or poor, liberal or conservative—must boycott electronic voting and vote by paper ballot through early voting or absentee ballot. I've cast my last electronic ballot and urge everyone to do the same.

Grant D. Noble
Lake Forest

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WEEKEND

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November 24, 2006

LAKE COUNTY JOURNALS
Section C

—● This Weekend

Starting Nov. 25, a musical version of the classic movie "Miracle on 34th Street" will be performed at the Cutting Hall Theatre in Palatine.

See page C22

Thankful thoughts

The Lake County Journals got a new perspective on Thanksgiving by asking local students to share their views on the holiday.

7

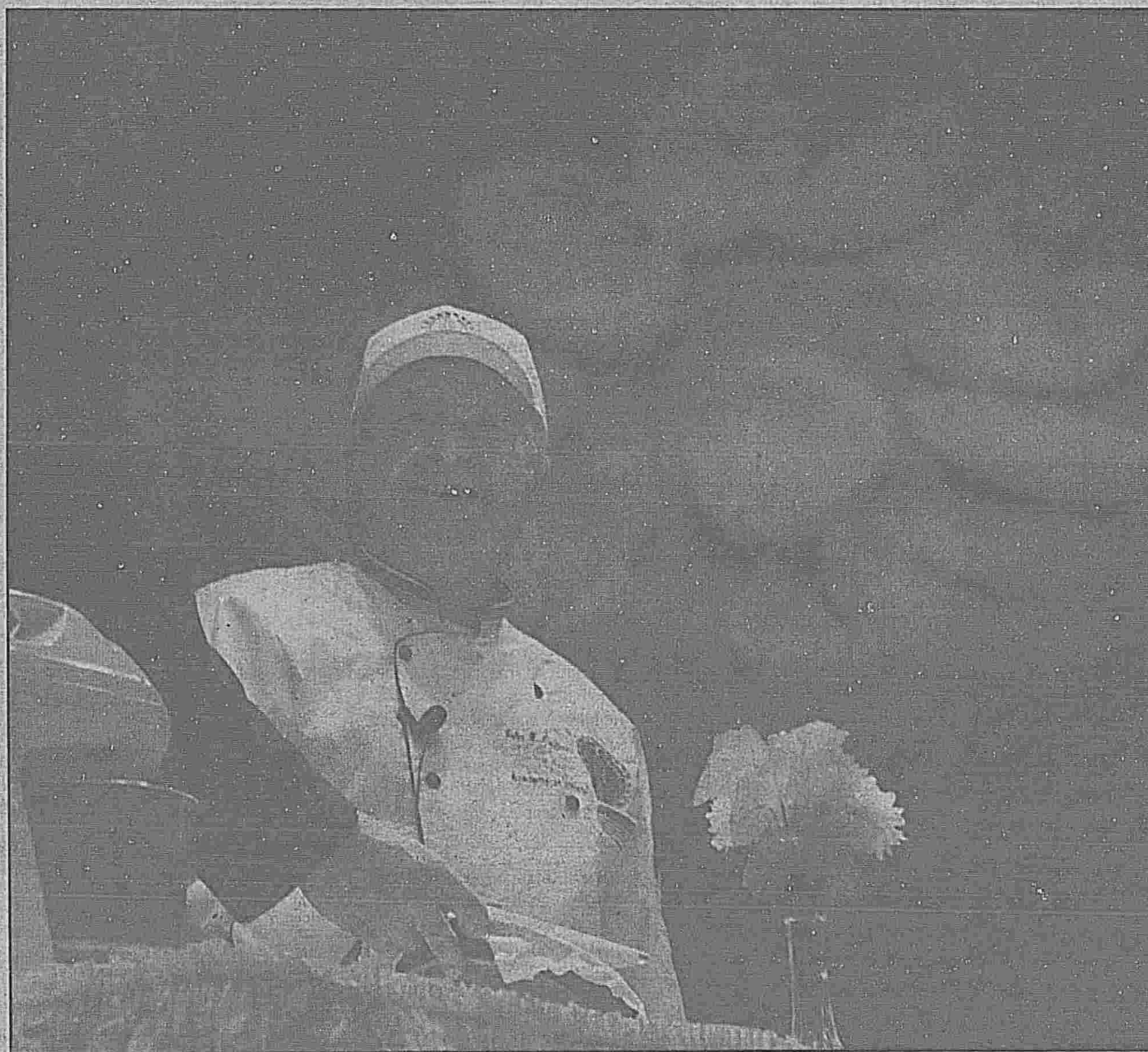
Lend a paw

Many pets are in need of a good home. Check out the photos and information on several pets available for adoption.

21



Kitchen secrets revealed for the holiday season



Chris Padgett - cpadgett@mwnewsgroup.com

Chef John Kaufman stands next to Mark Stricklin, elder and treasurer at Cornerstone Community Church in Wadsworth, while explaining how to make deviled eggs in front of an audience at Cornerstone. Stricklin acted as the event's emcee and Kaufman's assistant during the event. See story on page C2.

Chef teaches holiday recipe secrets

By EMILY PREVITI
epreviti@nwnewsgroup.com

WADSWORTH – Chef John Kaufman embodies diligence.

Kaufman, 61, said he lived in the back of a barber shop at age 16. When he retired at 48, he owned four apartments and two businesses. His 15-page resumé boasts awards and memberships to many prestigious cooking organizations.

Old habits die hard: Thus far, Kaufman has spent his retirement working toward the establishment of a museum that traces the history of Chicago's culinary scene.

That pursuit fills his time when he is not in Naval ship kitchens. His military-related work has earned him the rank of honorary admiral.

"I love America and the military," Kaufman said. "I'm thankful for them."

“

Let loose, hang out. It's whatever you enjoy.

John Kaufman

Chef

”

Kaufman provided instruction on how to make hors d'oeuvres at the Taste of France on Nov. 11 at Cornerstone Community Church in Wadsworth.

The event cost \$20 a person for the presentation.

Attendees sampled food submitted for a contest judged by Kaufman and had the chance to buy raffle tickets for prizes from local businesses, which included Octagon Salon and Spa.

Mark Stricklin, elder and treasurer at the church, met Kaufman when his Antioch home suffered damage from a fire. Stricklin works as a project manager for Musick Loss Management, which specializes in fire restoration.

On Nov. 11, about 50 guests assembled before the stage in the sanctuary.

They took in tips from the self-described "frugal Swiss" on how to save on food costs: Buy meat in bulk and freeze it; use coupons; shop sales; make your own stuffing; etc. Kaufman claimed he can buy groceries for



Chris Padgett - cpadgett@nwnewsgroup.com

Chef John Kaufman prepares shrimp at Cornerstone Community Church in Wadsworth while explaining how to make hors d'oeuvres in front of an audience. The chef has decades of cooking experience under his belt.

Chef's choice: Shrimp Dijon

Ingredients

1 pound shrimp, shelled and deveined
4 tablespoons butter
3 tablespoons shallots
1/4 cup cognac
1/4 cup dry vermouth
2/3 cup heavy cream
2 tablespoons Dijon mustard

Directions

Melt butter on medium high heat and sauté the shallots for a few minutes.

Add the shrimp and cook until pink.

Add the cognac and flame.

Combine the vermouth, cream and mustard and add the shrimp. Cook briefly until shrimp are pink.

Salt and pepper to taste and garnish with fresh herbs.

Blue-ribbon bread recipe

Old Mill Creek resident Marilyn Carney's antipasto bread won Chef John Kaufman's stamp of approval in the hors d'oeuvres contest at the Taste of France Nov. 11 at Cornerstone Community Church.

Antipasto bread

Ingredients

2 cans (11 ounces each) refrigerated dinner rolls (butter in them)
1/3 cup butter, melted
3/4 cup shrimp sauce or seafood cocktail sauce
3 cloves garlic, minced
1/2 cup pitted Kalamata olives, chopped
2 tablespoons capers (rinsed and drained)
1 bunch of green onions, thinly sliced
10 basil leaves, chopped
4 ounces crumbled feta cheese
2 tablespoons shredded Parmesan cheese

Directions

Preheat oven to 350 degrees Fahrenheit. Separate rolls and cut each into three pieces. Butter a 10-inch fluted tube (bundt) pan. Toss roll pieces with melted butter and place half of the buttered pieces in the bundt pan.

Spread with shrimp sauce, sprinkle with garlic, olives, capers, green onions and basil.

Sprinkle with feta cheese and top with remaining cut in 3 rolls. Bake for 30 minutes or until gold brown.

Cool for 10 minutes then invert the bundt pan onto a serving plate.

Sprinkle with Parmesan cheese and serve warm. Insert decorated tooth picks into the pieces and set some off to one side.

two people for less than \$90 a month.

However, he specifies his choice of mayonnaise – Hellman's, and Hellman's alone – and would not consider the holiday season complete without roast goose and stollen, which he described as a German treat akin to fruit cake (recipe at german.about.com/library/blrezept02b.htm).

In general, Kaufman said, he advises improvisation in the kitchen.

So it comes as no surprise that, despite his decades-long career, Kaufman said he kicks back during holiday soirees and does not put on airs when it comes to menu-planning.

"Let loose, hang out," Kaufman said. "It's whatever you enjoy."

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'Hotel Cassiopeia' portrays inner life of artist

By TOM WITOM
thomaswitom@yahoo.com

What makes an artist tick? It's a tough question to answer, but theater can offer a unique way to explore some of the possibilities.

Playwright Charles Mee succeeds with "Hotel Cassiopeia," a production by highly acclaimed New York director Anne Bogart and the Saratoga International Theatre Institute that is now being staged at Court Theatre.

This enchanting and thoroughly delightful 90-minute show (performed with intermission) features as its subject the life and art of American collage artist Joseph Cornell (1903-1972). It's a very loose biography of the reclusive Cornell, played with understated charm by Barney O'Hanlon.

Cornell made a name for himself by creating wooden boxes, which he populated with various everyday "treasures" he had accumulated, from bottles and bits of string to photos and

Tickets, please

What: "Hotel Cassiopeia"
Where: Court Theatre, 5535 S. Ellis Ave., Chicago
When: Through Dec. 10
Tickets: \$28-\$54
Show information: Call (773) 753-4472

buttons. Each item had a special meaning for the artist, and he placed them purposely to tell a story.

The set for "Hotel Cassiopeia," designed by Neil Patel, features a desk with multiple drawers in the forefront. But the room is no ordinary office. Rather, a stunning celestial map forms the floor and back wall, clearly suggesting Cornell's world reached far beyond New York, which was his life-long home.

Adding to the illusion of an environment that's not earth-bound, at times picture frames, a glass bottle and other objects are elevated so they seem to

float in space.

As the show unfolds, Cornell and the people who influenced him — family members, local businessmen, passersby and even popular film stars he admired — make an appearance in a series of dreamy scenes.

Occasionally, old movie footage plays, with Cornell and others in the cast throwing themselves into the picture by mouthing the action and dialog in unison.

There's his protective mother, cerebral palsy-afflicted brother, a cafeteria waitress at whose restaurant he spends much time observing the passing crowd, a clown dressed in white, and a flirty, winged ballerina, among others. Missing is the father, whom Cornell lost at age 7.

In his own way, Cornell reaches out to others, but the connections he makes can be uncertain and tenuous. In the end, the artist advises the younger generation to, "Do what you love."



Photo provided

Barney O'Hanlon, as artist Joseph Cornell, and Ellen Lauren, as the Ballerina, star in Charles Mee's "Hotel Cassiopeia," a Saratoga International Theatre Institute Company production directed by Anne Bogart.

Cast members, some playing multiple roles, include Akiko Aizawa, J. Ed Araiza, Michi Barall, Leon Ingulsrud, Ellen Lauren and Stephen Webber.

"Hotel Cassiopeia" is the second of four plays that Mee

wrote. It follows "bobrauschenbergamerica" (2001), which probed three-dimension collage artist Bob Rauschenberg. Two others will do the same for James Castle and Norman Rockwell.

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Chicago resident makes Fox Lake documentary

By STEVE PETERSON
speterson@nwnewsgroup.com

FOX LAKE – In an age of high-tech travel, Jeff Baer prefers the simple life.

Who could pass up a wooden speed boat or a tugboat ride? Or even a few miles in a Model T?

Baer has used all of the above modes of transportation to film his documentaries for WTTW Channel 11. The latest will be about the Fox River Valley, including the Chain of Lakes, which will air at 7:30 p.m. on Tuesday, Nov. 28.

"I took a wooden speed boat around the Chain of Lakes," Baer said. "And then I took a bike trail and [then I took] a

Model T Ford on the former Lincoln Highway from Batavia to Geneva."

Baer's tour took him, after months of research, from Blarney's Island in Antioch to the Farnsworth Hotel in Aurora.

"The Chain was great," he said. "There are a lot of interesting people and places. There seems to be two factions [of people] – one which uses it for recreation and another that wishes to preserve it."

Fox Lake Mayor Cindy Irwin said she is thrilled with the chance to spotlight her town.

"We welcome any good publicity that will showcase Fox Lake," Irwin said.

Baer said people were very

cooperative as he collected information on things like the lotus beds at Pistakee Lake in the summer.

"The people of the upper Fox River really value their history," he explained. "They don't see themselves as suburbs."

Baer went on to say that most of his documentaries were about Chicago topics. One on architecture was done twice with new information, but he decided to expand his horizons, which led to the Fox River project.

For his project, he visited such places as the Stratton Lock and Dam, Moraine Hills State Park, Pickard China in Antioch and the Mineola Hotel in Fox Lake.

Want to watch?

Jeff Baer's documentary about the Fox River Valley (including the Chain of Lakes) can be viewed on WTTW Channel 11 at 7:30 p.m. on Nov. 28 and at 7:30 p.m. and 10 p.m. on Dec. 10.

Baer, 50, resides in Chicago. This is his fifth original documentary in his multi-part series exploring the character and history of Chicago's suburbs.

Areas seen in the piece include McHenry, Fox River Grove, Algonquin, Fox Lake, Antioch, Carpentersville, Geneva, Batavia and West Dundee. For more about Channel 11, visit www.wttw.com.



Photo provided

Jeff Baer creates documentaries about Chicago suburbs.

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Theater seeks writing

Got writing talent? Student work for production is currently being sought for the next Young Writers Festival.

The Grounded Theatre, a professional non-profit theater company, will sponsor the festival in spring 2007.

Submissions for production can include short plays, short stories, monologues, poetry or musical works. Submitted items must be no longer than 10 minutes in length and must be written and

produced by the applicant. Those who submit items must be in high school or college.

Applications should be submitted as an e-mail attachment in either .pdf or .doc format to submissions@www.groundedtheatre.org. Submissions are due no later than Friday, Dec. 1.

The Grounded Theatre will notify applicants of the status of their application after Dec. 15.

For more information, visit www.groundedtheatre.org.

BRIDAL SHOWCASE

Demaree Michelau & Jeffrey Bryant

Alan and Linda Michelau of Mundelein announce the engagement of their daughter, Demaree Michelau, to Jeffrey Bryant, son of Scott and Claire Bryant of Auburn, Maine. A March wedding is planned.

Demaree, a 1990 Mundelein High School graduate, received a bachelor's degree in public law from Northern Illinois University, DeKalb, in 1994 and a master's degree in political science from the University of Colorado at Boulder in 1996, where she is also currently pursuing a Ph.D. in political science. She is employed by the Western Interstate Commission for Higher Education in Boulder, Colo.

Jeffrey, a 1987 Edward Little High School graduate, received a bachelor's degree in psychology from Colby College in Waterville, Maine, in 1991. He is employed by Motorola in Boulder, Colo.



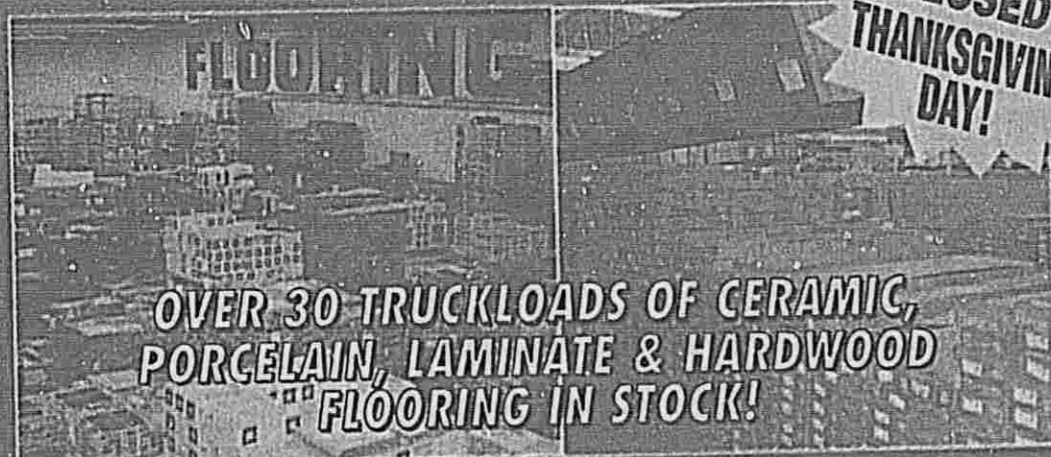
Demaree Michelau & Jeffrey Bryant

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REEL MOVIES

Movie Review Key

- 4 = Don't miss this movie!
3 = Worth seeing, but could've been better
2 = Wait until this movie comes out on video
1 = Someone should be fired for making this movie

By Pam & George Singleton



Page C6
LAKE COUNTY JOURNALS
Friday, November 24, 2006



Photo provided

Tony Scott directs the new action thriller "Déjà Vu," starring Denzel Washington. Washington plays an agent working to solve the mystery behind an explosion that occurred on a ferry in New Orleans.

Big name saves new film

By PAM and GEORGE SINGLETON
wellisten@playrules.com

Big Brother is watching, and this is GPS like you've never seen. Forget about honing in on a car's license plate from a satellite. In this not-too-distant future, the feds can virtually see exactly what you did four days in the past. But let's not get ahead of ourselves (pun intended).

The film begins with a ferry full of Mardi Gras partygoers on Lake Pontchartrain in New Orleans. We watch as happy families with children and uniformed Navy sailors board the vessel on a festive Fat Tuesday afternoon.

On the car deck of the boat is an SUV outfitted with a bomb. As a guard checks the vehicles, an explosion blasts the ferry apart. Newscasts report more than 500 people dead.

Agent Doug Carlin (Denzel Washington, "Inside Man" and Oscar winner for "Training Day") is sent to investigate. He checks out the crime scene, including the pilings and girders of a bridge overlooking the water, which is where FBI agent Pryzwarra (Val Kilmer, "Kiss Kiss, Bang Bang" and

"Déjà Vu"

Director: Tony Scott

Genre: Action thriller

Additional information:
Touchstone Pictures and Jerry Bruckheimer; rated PG-13 for intense sequences of violence, terror and disturbing images.

"Alexander") finds him. Carlin (emphasis on the "lin," he corrects) determines that the person responsible detonated the bomb from the bridge. The two agents carry on informative and professional banter, and it's evident that they respect each other.

Pryzwarra invites Carlin to sit in on a demonstration of groundbreaking technology and enlists the agent's help to figure out what to look for. The secret weapon is a time machine of sorts.

The device is able to follow an individual's movement at any moment, four days ago. Pictures appear on a TV-like monitor. Two computer impresarios (played by Adam Goldberg and Ericka Alexander) adept at manipulat-

ing time and space, get a fix on the face of the bomber. But he cannot be identified yet.

One body that washes up on shore is a puzzler. At first the woman looks like a victim of the ferry disaster, except that her time of death is prior to the bombing. She is identified as Claire Kuchever (Paula Patton of "Idlewild"), and her vehicle is somehow tied to the perpetrator. Carlin is convinced that her actions during the days leading up to the attack can lead the government to the terrorist.

Carlin's other hunch is that the dead woman is familiar to him. He's seen that face before. When the "miracle cameras" pull up Claire in her apartment four days prior, Carlin has that feeling that he's seen this before. Claire can be observed from any angle and can be tracked through the walls as she moves about her space.

She's on the phone with the killer, who wants to buy an SUV she has for sale. Through the magic of the camera (still photographing the past), we discover that his name is Oerstadt (James Caviezel, Jesus in "The Passion of the Christ").

See Déjà Vu, page C19

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Showtimes for FRI 11/24/06 thru THU 11/30/06

Deja Vu (PG13) ✓	12:35, 1:45, 3:20, 4:30, 6:05, 7:15, 8:50, 10:00
Deck The Halls (PG) ✓ X	12:45, 3:00, 5:15, 7:30, 9:50
The Fountain (PG13) ✓	12:35, 3:10, 5:25, 7:40, 9:55
Tenacious D (R) ✓	12:55, 2:50, 5:05, 7:20, 9:35
For Your Consideration (PG13) ✓	1:05, 3:20, 5:25, 7:35, 9:35
Happy Feet (PG) ✓	11:25, 12:40, 1:50, 3:15, 4:25, 5:50, 7:05, 8:25, 9:45
Casino Royale (PG) ✓ X	11:30, 12:50, 2:35, 4:00, 5:50, 7:05, 8:55, 10:05
The Queen (PG13)	1:25, 3:45, 6:10, 8:30
Let's Go To Prison (R) ✓	1:00, 3:10, 5:20, 7:30, 9:40
Stranger Than Fiction (PG13)	1:15, 3:55, 7:00, 9:40
Flushed Away (PG)	1:10, 3:15, 5:20, 7:25, 9:30
Saw 3 (R)	12:30, 2:55, 5:30, 8:30
Borat (R)	1:20, 3:25, 5:30, 7:35, 9:45
Babel (R)	1:25, 4:45, 7:50
The Return (PG13)	11:40, 5:00, 10:05
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What does it take to make a turkey?

Thanksgiving.
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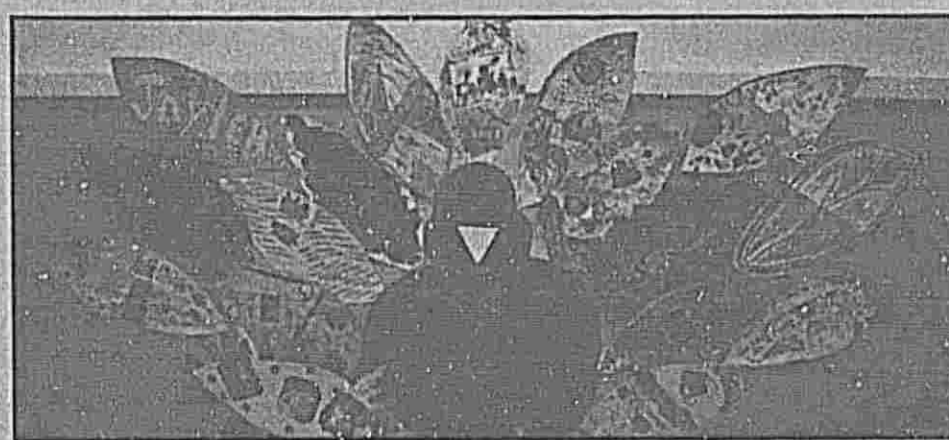
Adults know what it takes to prepare for Thanksgiving. Food must be bought and cooked. Phone calls must be made, and houses must be cleaned.

But what do kids know about getting ready for the big feast? They often decorate the

walls of their classrooms with colorful Thanksgiving art and projects, but what do they think it takes to make the day a success?

To find out, and to get a different perspective on Turkey Day, the Lake County Journals asked a few area children what they thought it took to get things ready for the November holiday.

Read their touching – and humorous – comments below.



Helen Mansfield - hmansfield@nwnewsgroup.com

Students at Round Lake Early Education Center artistically decorated turkey feathers for Thanksgiving.

What Grayslake students think of Thanksgiving:

"For Thanksgiving dinner, how do you make a turkey?"



"My mom doesn't have any turkey. She has salami."

Julianna Bennett, 5
St. Gilbert School



"Cook it. Cut it up."

Mia Mote, 5
St. Gilbert School



"The Indians would hunt for turkey."

Matthew Symonds, 5
St. Gilbert School

What Wauconda and Fox Lake students think of Thanksgiving:

“

One of my aunts makes a good cake, and there is a good fruit salad.

Jessie Morales

Sixth-grader at Wauconda Grade School

“

[My favorite part of Thanksgiving is] the turkey.

Randy Stojak

Sixth-grader at Wauconda Grade School

“

First, you get a turkey, not the turkey that you put on your sandwich, a real turkey. Then you put it in for 20 minutes.

Kyle Liscomb

Third-grader at Lotus school

“

First, you get a turkey. Then you see if it is sick. Next you put the turkey in the oven for about five minutes. After that, you make the mashed potatoes and gravy.

Madelynn Feighn

Third-grader at Lotus school

What Lindenhurst students think of Thanksgiving:

"What do you like to eat for Thanksgiving dinner, and how do you prepare it?"



"I like my Mom's potatoes. She [mixes] crumbs from the potato box."

Julia Wojtach, 5
Hooper School



"Turkey. The turkey comes to my house and scratches the door a little bit."

Molly Kaull, 5
Hooper School



"Turkey and mashed potatoes. [You] cut off the meat from the turkey."

Sierra Hartmann, 7
Hooper School

What Round Lake students think of Thanksgiving:

"What do you eat with your turkey, and what will you do on Thanksgiving?"



"I like pumpkin pie. I will help my parents do chores, like clean my room."

Dana Fornell, 6
Round Lake Early Education Center

"Where would you get a turkey for Thanksgiving?"



"At a store, a big one. From the turkey place."

Dante Rodriguez, 6
Round Lake Early Education Center

"What are you going to eat on Thanksgiving?"



"Turkey tacos, apple juice and strawberry cake."

Darrius Calhoun, 6
Round Lake Early Education Center

"Where do turkeys live, and what do they eat?"



"They live on a farm, outside, and they eat seeds."

Diane Flade, 6
Round Lake Early Education Center

"Are you looking forward to having turkey?"



"I never eat turkey because I'm Indian. My favorite is vegetables."

Shailie Shaw, 6
Round Lake Early Education Center

"What would you make for Thanksgiving dinner?"



"I don't like that seasoning stuff. I like chicken."

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Round Lake Early Education Center

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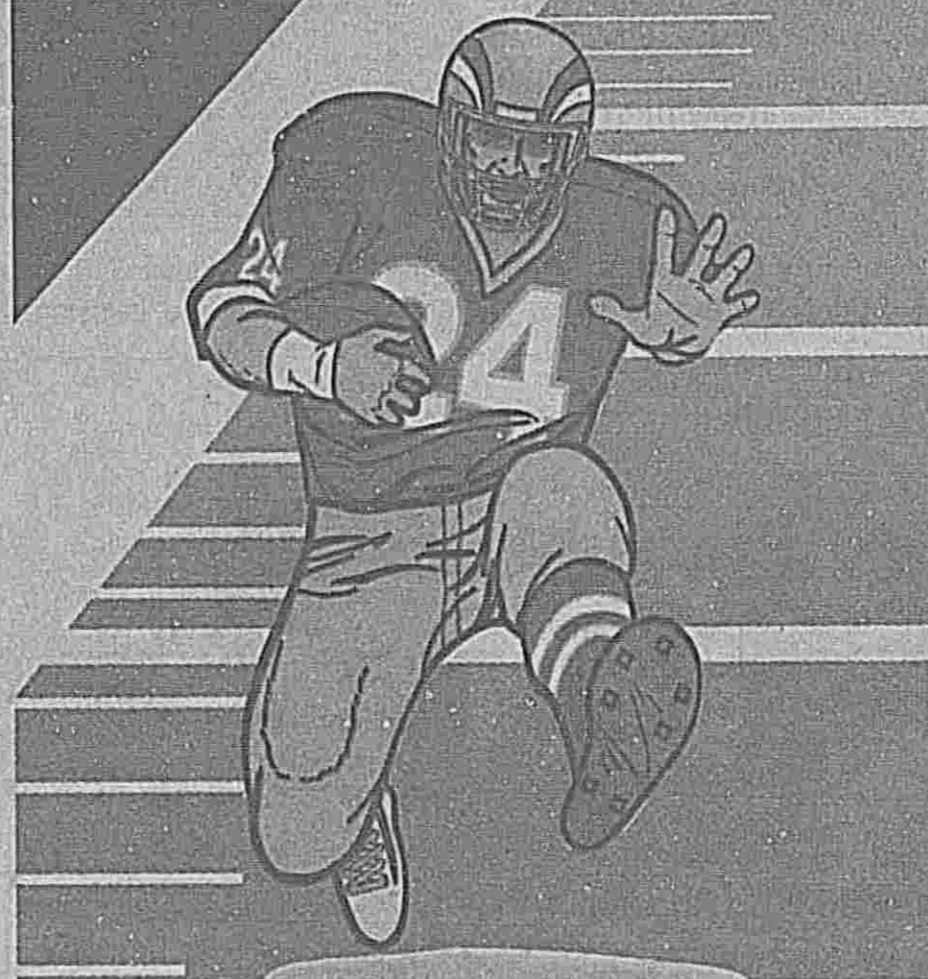
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136 TOTAL POINTS

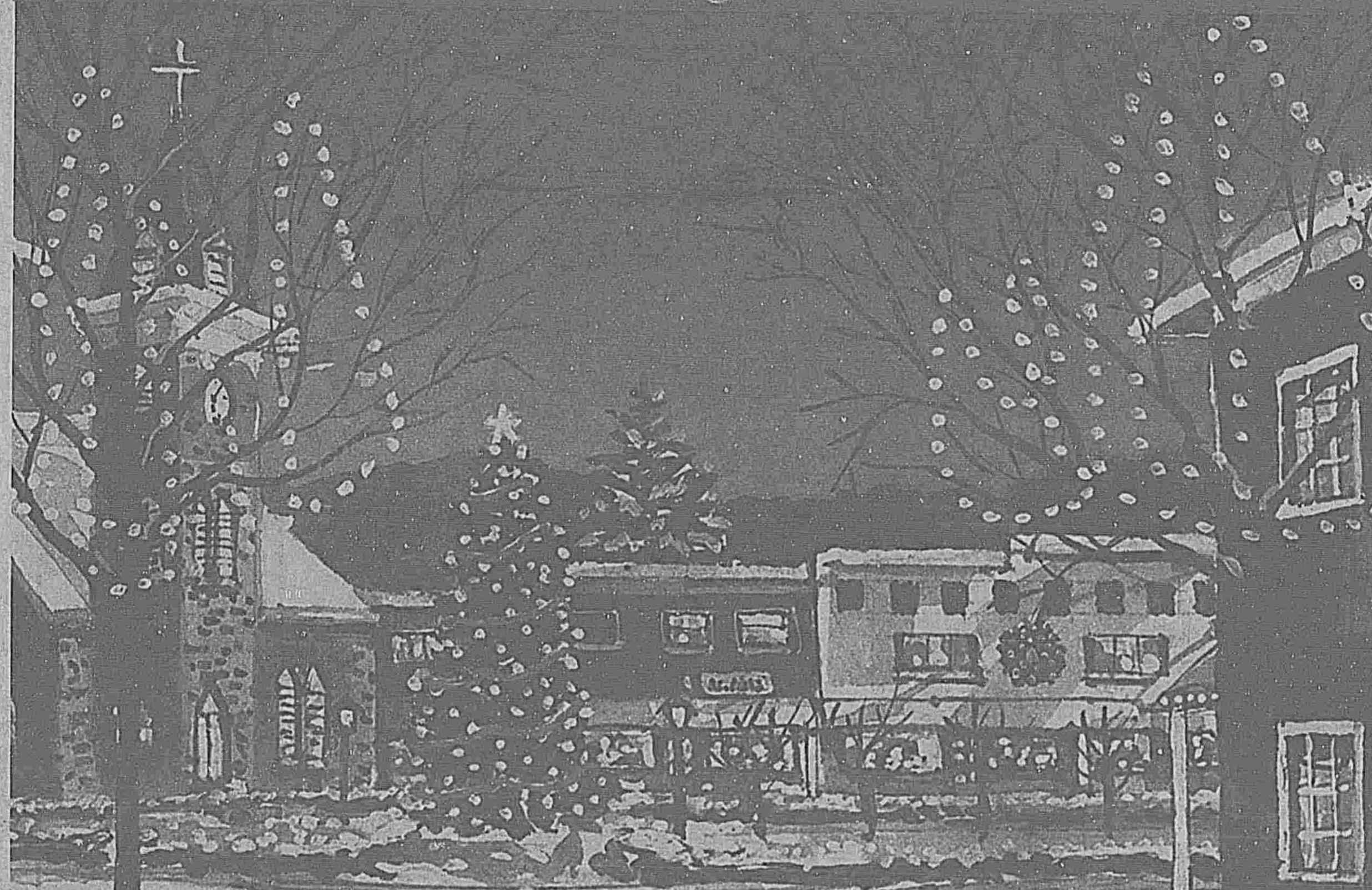
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.... POWER POINT

1. Object of the game is to amass as many of the 136 possible points as you can. Simply review the week's schedule of games, listed on entry form, and decide which game you are SUREST of picking a winner in. Write the name of your projected winner on the 16-point line, and so on down to the 1-point line, which game you figure to be a long-shot. Next, fill in Tiebreaker 1, the total points scored by both teams in the week's designated game. If this step fails to produce a winner, the judges will apply Tiebreaker 2, total offensive yardage from scrimmage in this game. If a winner still doesn't emerge, a drawing will be held among those contestants still tied. Decisions of the judges are final. The weekly Midwest regional winner will receive \$1000.
2. Any entry form that does not contain a legible name, address, etc., will be disqualified.

3. Entries that fail to be submitted by the deadline will be disqualified, as will entries from teams that are not members of the National Football League. 4. No points are awarded for any reason during the week of the game. 5. Entering POWER POINT for his or her name and photo for promotional purposes at no cost. 6. Employees of this newspaper are ineligible to participate. 7. Any inquiry about a contest should be made a week or more in advance. 8. No purchase necessary.

Lake County Journals



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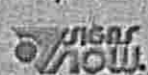
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OR 10:00 - 11:00 a.m.

Viking Park Dance Hall

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\$7 Residents / \$9 Non-Residents

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Tots 12 months & under are free ~ High chairs not available

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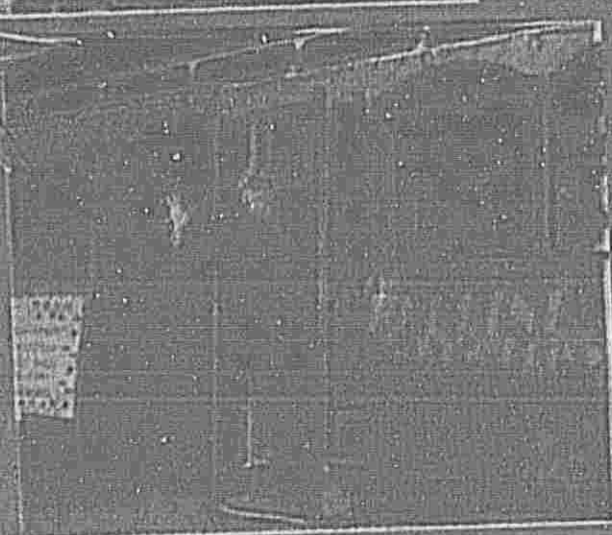
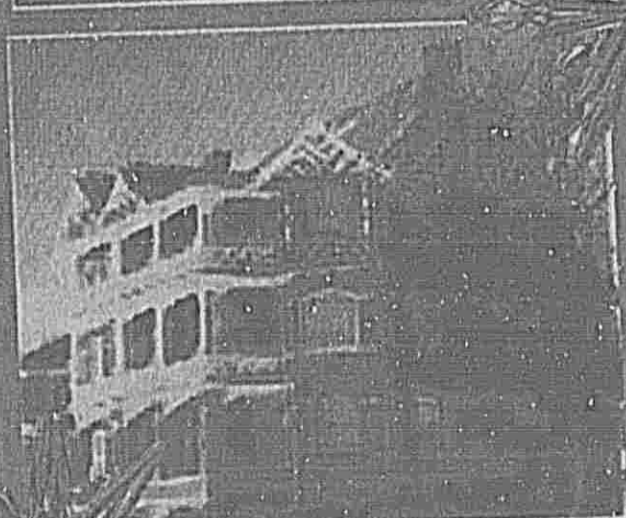
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Nine tips for maintaining shopping sanity

The "most wonderful time of the year" can quickly become the most dreaded for shoppers who cringe at the idea of making holiday purchases. As throngs of people descend on area malls and stores, you may feel like fleeing in the opposite direction. Before giving up on the possibility of shopping sanely, consider these ways to keep your head while checking everyone off your holiday gift list.

1. Comfort is key. The right "uniform" can ensure your comfort and make shopping more enjoyable. Depending upon where you live, it could be rather chilly when heading out. But avoid wearing a bulky winter coat. Stores crammed with shoppers can be stuffy and hot, and you'll end up having to lug around your coat because you'll be too warm to wear it. Consider layering shirts so that you can remove layers until you've reached your comfort level. Plus, shirts or even a zipper-front fleece jacket are much less cumbersome than a down coat. Also, head to the stores in comfortable footwear. Athletic shoes are probably your best bet. If you plan to shop during a work lunch hour or after business hours, bring a change of clothes and shoes



Key tips enable shoppers to keep their cool when the holiday hustle and bustle ensues at stores.

so you'll be able to do so comfortably.

2. Take breaks. If you've planned a day for marathon shopping, be sure to schedule breaks into that plan. These can include an hourlong lunch, a coffee break or catching a flick at the in-house mall theater. A simple pit stop now and again can rev up energy levels and get you motivated to continue shopping.

3. Don't shop on an empty stomach. Few people can concentrate when they're starving, so

make sure to have a bite to eat before setting out. Pack along some granola bars or other portable snacks in case hunger pangs strike while in the throes of shopping. Remember to rehydrate as well with bottled water or juice. Those climate-controlled stores can dry out your body rather quickly.

4. Avoid peak shop times. If you want to contend with smaller crowds, try rearranging your schedule so you can shop during mealtimes, early in the morning or late at night, when there may be

fewer people at the stores. Waiting until the kids get out of school or for primetime weekend shopping may rattle your nerves. Bring lunch to work and shop on your lunch hour to also sidestep some of the crowds. The same can be said for grocery shopping and running other errands.

5. Split up the shopping tasks. Families can divide the shopping list among their members and shop separately, then meet up at a designated time. This will allow everyone to spend fewer hours in the stores.

6. Leave the baby at home. As cute as they can be, infants and toddlers can easily become overwhelmed and irritable when holiday shopping. Rather than contend with a major meltdown that requires you exit the store pronto, hire a sitter or ask a family member to care for the kids so you can shop uninterrupted and unburdened by sippy cups, strollers and temper tantrums.

7. Take a road trip. If shops close to your house are always overcrowded, map out stores or outlets that are off the beaten track. Then make a day of taking a scenic drive and shopping at places that aren't as busy. Who knows ... you may make it an annual tradition that you enjoy.

Make Shopping Easier

8. Invest in a shopping cart. Anything with wheels will do, whether a metal shopping cart or a canvas one. Look for carts that fold up to fit in your trunk, which are often sold in discount or houseware stores. This simple tool can prove invaluable for toting around all of the items you've purchased. It also frees up your hands for browsing through racks and displays. What's the alternative? Tired arms overburdened with shopping bags.

9. Shop early. Though you may hate to hear it, shopping several months prior to the holidays can save you a lot of headaches. Pick up items as you come across them on your travels. If you're really ambitious, you can wrap them, too. Come December, you'll have a gift for everyone and an entire month for rest and relaxation. Make this a shopping resolution for next year.

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Avoid parking-lot predators on your holiday shopping spree

As drivers everywhere can attest, finding a parking space around the holiday season is akin to finding a needle in a haystack. Legions of holiday shoppers often converge on a mall parking lot at the same time, all hoping to land the premiere spot just outside the mall doors.

Such finds are rare, however, and most shoppers typically park so far away from the store they can barely see the mall by the time they turn their car engines off. While that's a reality that's unlikely to change anytime soon, a more sobering reality is the one involving parking lot attacks, where criminals prey on victims forced to park far away during the busy holiday season. It's a concern consumers are well aware of, but often feel as though there's little they can do about.

That's a sentiment that couldn't be farther from the truth. While attackers often sneak up on their victims, there are steps you can take to ensure you're less likely to be victimized.

• Be visible. In general, mall parking lots are well lit. However, lights burn out from time to time,

something mall security should be notified of immediately. Always avoid parking in dimly lit areas, as you're leaving yourself highly susceptible to attack. Regardless of how long it might take to find a spot in a well-lit area, remember the few extra minutes you spend cruising around the parking lot are well worth your personal safety.

• Remember where you parked. Everything has seemingly gotten bigger over the last decade or so, from vehicles to grocery stores to mall parking lots. That makes it extremely important to remember where you parked. Most stores have indicators on lamp-posts designating specific sections of the parking lot, making it easier to recall where you parked.

Criminals prey on people who are lost, as they generally pay less attention to their immediate surroundings as they attempt to find their vehicles. In addition, larger vehicles, such as SUVs, make it easier for potential attackers to hide. Write down where you parked if you need to. Remembering will help you stay more alert for potential attackers. If you can't recall where you parked, ask a security

guard to help you find your vehicle.

• Minimize idling time. While motor vehicle experts will instruct you to let your car warm up, particularly in cold weather, for a few minutes before putting it in gear, that can be dangerous if you're sitting in a car at night. In general, it's best to minimize your idling time in large parking lots if alone. If you're that worried about your car, get in, back out of your parking space and go warm it up right outside the mall doors where there's more lighting. Do not sit in your car for several minutes letting it idle in a dark parking lot.

• Lock your doors when leaving and getting into your car. Leaving your doors unlocked while you're inside the mall will make it easy for potential attackers to hide in the backseat and wait for you to get out. Once you get back into your car, lock your doors first and foremost — review your receipts later. It's also good to leave all valuables locked away in the trunk. A car with lots of packages will look more attractive to criminals, and will also give them something to hide under or behind while you're in the mall.



Whenever possible, men and women alike should avoid walking to their vehicles alone in crowded parking lots.

• Walk confidently. Similar to animals in the wild preying on other animals they sense are weak, criminals often go after the target they feel is the easiest and will put up the least resistance. When walking to your car, keep your head up and walk assertively. Slouching or giving the impression of fear will invite attackers. You want to make yourself a less than attractive victim to potential attackers, so make it seem as though you would scream or cause a scene if you were to be approached.

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Food safety should not be forgotten

Gifts to buy, trees to decorate, meals to make and treats to bake. During this busy holiday season, take the time to prepare food safely so that the gift you give is one of joy, not food poisoning.

Most food poisonings are preventable. By taking the time to follow some simple steps, people can prevent foodborne illnesses and have a healthy holiday season.

In addition, refrigerate cooked foods that are not served immediately. If food is left unrefrigerated longer than two hours, the chances of bacterial growth increase.

To prevent bacteria from getting into food through careless handling, be sure to follow these simple steps:

* Hands should always be washed thoroughly with soap and warm water before handling food.

* Towels and wash cloths should be kept clean since bacteria can linger in those used repeatedly between launderings. Sponges are another place where bacteria can multiply and should be replaced every few weeks.

* Counter tops and utensils should be washed with hot, soapy water between each step in food preparation. Bacteria from raw meat and poultry can get into other foods if both touch the same surfaces. Also, avoid using wooden utensils or cutting boards, especially those that are scored or cut, for raw meat and poultry. These surfaces are not smooth and can harbor bacteria in the ridges. If wooden utensils and cutting boards are used, be sure to scrub them thoroughly with soapy water and rinse well before and after each use.

Proper thawing and cooking are important to avoid foodborne illness because many warm-blooded animals, turkeys and other poultry, often harbor Salmonella organisms.

* Wash hands thoroughly with soap and warm water before handling or boning meat or poultry.

* Cook meat and poultry completely without interrupting the cooking process; an interruption could allow bacteria to grow.

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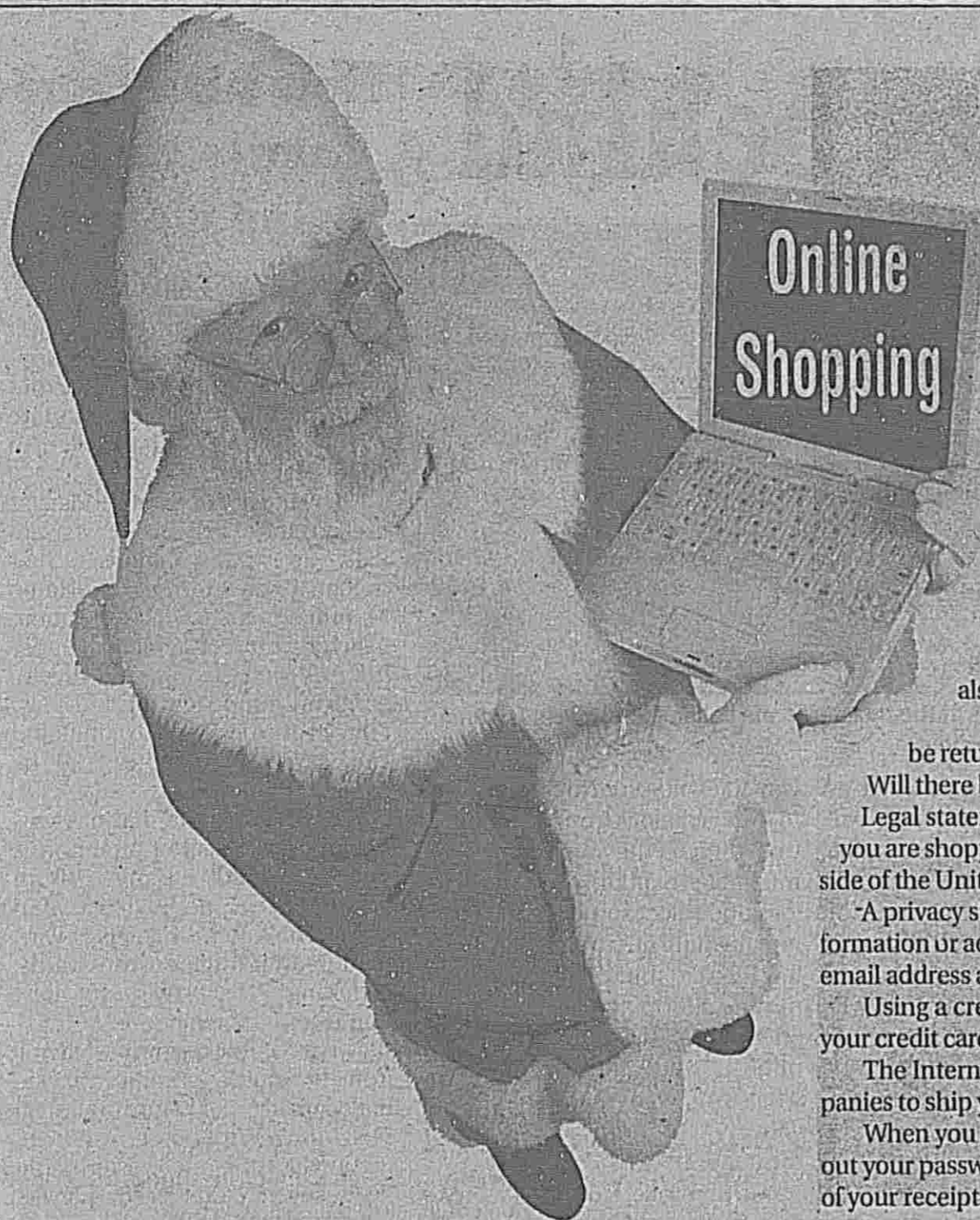
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Avoid getting ripped off this holiday season

Ready, set, shop online! But wait!!! You need to know how to protect yourself from getting ripped off. Learn how to protect yourself with these ideas.

When shopping online there are several things you can do to add to your shopping safety. Being aware of technology scams, checking website policies and understanding your credit card rights, will go a long way in providing personal protection.

Some websites will provide cost comparisons, assisting you in finding the lowest price for your request. Be aware, there have been reports of a few sites "fixing" their technology and returning incorrect results.

Once you have decided where you want to make your purchase, go through that website and look for policies defining warranties, refunds, returns, legal statements and privacy policies.

Warranties, where provided, will tell you what is covered and for what time period. It will also tell you who to contact if you need a replacement, a refund or a repair.

Be sure to read the refund and return policy. Will the website provide a refund? Can the item be returned to a retail outlet?

Will there be a restocking fee?

Legal statements posted on the website will determine where legal proceedings are to be held. Assuming you are shopping in the United States, you may have to travel to pursue a complaint. If you are shopping outside of the United States, be sure to know who you are shopping with.

A privacy statement may surprise you. Read it carefully. Many companies feel free to sell your personal information or add you to multiple email lists. By using their website, you give them permission to hand out your email address and possibly your physical address and phone number.

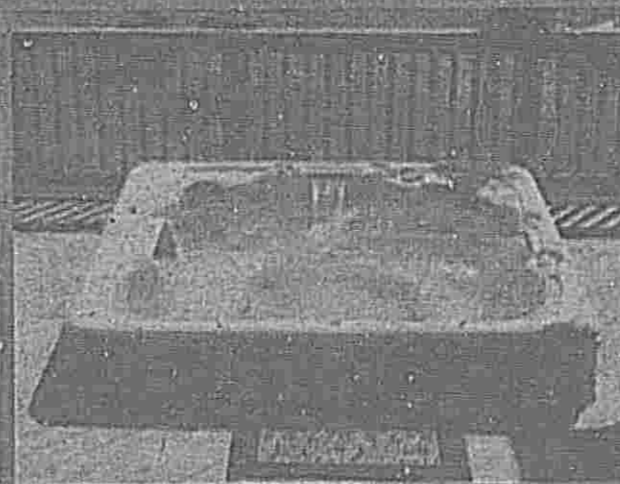
Using a credit card online is relatively safe. All transactions are protected by the Fair Credit Billing Act. If your credit card is used without authorization you are generally only liable for the first \$50, and sometimes less.

The Internet is also subject to the Federal Mail/Telephone Order Merchandise Rule which requires companies to ship your order within 30 days or notify you of the delay.

When you are making a purchase, try to limit the amount of personal information you give out. Never give out your passwords. And finally, be sure to keep a paper trail. Print out the seller's contact information, a copy of your receipt, a page describing the item you ordered, and the email confirming the order.

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Leave the long lines behind

The holidays are synonymous with many things: religious celebrations, reunions with family, excited children. While those are all likely to put a smile on your face, as any veteran holiday shopper knows, the holiday season is also known for another thing entirely: long lines.

For some, waiting on the lines at the mall or other department stores is as much a holiday tradition as decorating the Christmas tree. For others, it's a painstaking process they'll go to great lengths to avoid. Fortunately, there are steps to take that can keep you out of those lengthy lines.

Time

Time is an entity that seems to

disappear once the holiday season gets into full swing. Obligations to family and friends all seem to converge in those precious few weeks between Thanksgiving and Christmas, making for a stressful season even for the most jubilant of celebrants.

Long lines go an even longer way to adding to that stress.

- Shop at the right time. Getting to the mall or the department store at the time that's most convenient for you often ends up being the least convenient, as it's the same time everyone else is getting to the stores. Shop as early or as late as possible, getting there at opening or closing time, if possible.

- Don't waste time. When pur-



Standing on long lines at the register is one holiday tradition most people would prefer to do without.

chasing big-ticket items such as appliances, sometimes stores will make you wait on line to pay for the item, and then wait on an additional line to pick it up. Neither of these lines are ever short. If possible, avoid such stores as much as you can. The only thing that will annoy you more than waiting on one line is waiting on two lines, especially when you're only buying one item.

Get organized

A big reason many people go bonkers during the holiday season is that they have no idea what gifts to get for their friends and family. While there's no cure for finding the right gift, there are a few recipes for curing the confusion before stepping outside your door.

- Thumb through some catalogs. Though you might not know what that friend or family member wants for the holidays, you likely know what his interests are. A good

way to avoid scouring the malls is to order catalogs from some stores that difficult person to shop for might like. Skim through the catalogs and select some gift ideas before heading out to shop. Having a few ideas in mind before that last-minute shopping will save lots of grief when the item you had in mind is sold out. Also, knowing what you want beforehand will allow you to jump right on line if the item's in stock.

- Go for broke. Don't go for broke financially, go for broke with respect to polishing off that list. Piecing together your holiday shopping means multiple experiences: trying to find a parking spot, multiple times waiting on line, multiple trips to the same stores, etc. Instead of making several trips, set a day aside where you plan to get it all done. Granted, you'll be exhausted by the end of that day, but you won't need to go back till next year!

New party and family games bring more to the table

Each holiday season brings a slew of new board and card games hoping to become the next breakout hit. And these days there are more top-notch games than ever to choose from.

"The quality of games today far exceeds those from when we were kids," says Mark Simmons, former executive director of the Game Manufacturers' Association. "They're more interactive, more fun, they look better, and they're easier to jump right in and play. They're also designed so adults and kids can play together and be equally entertained."

One such game that has garnered a good deal of attention is Ruckus Card Game from Funstreet, Inc. (www.funstreetgames.com). Ruckus is winner of seven toy industry awards, including 'Dr. Toy's 10 Best Games.'

Part of Ruckus' appeal stems from the quirky graphics players match up in order to form and steal sets (Monkey in a bottle, Fish Man, Pig in the Attic, etc.). After being dealt seven cards each, players quickly place all sets of matching cards from their hands face up on the table. Sets are worth points, and can be stolen repeatedly by players holding cards that match the set. The non-stop action will have players laughing out loud as they scramble to capture each other's sets.

The game's popularity is credited to its speed, simplicity, and the fact that younger players can compete evenly with older players, making it a game the entire family can enjoy. It is available in independent toy stores nationwide as well as online. To find the store nearest you, visit www.funstreetgames.com or call (800) 901-9820.



Games that appeal to all ages, like multiple award-winner Ruckus (above), will keep the entire family entertained for hours.

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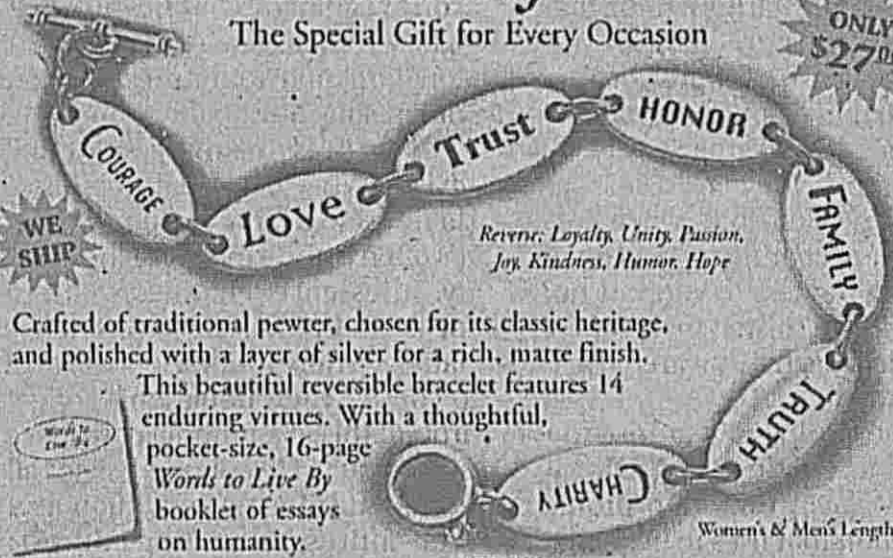
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Charity the choice of many come the holiday season

The holiday season is synonymous with giving. Many charities cite the season as their most productive time in terms of donations.

While giving can be a selfless and admirable act, it's also one that should not be taken lightly. For instance, not all charities are what they seem, and some might make your donation go farther than others. Tax considerations also require strong record keeping, as the government recognizes charitable donations and offers deductions depending on how much is donated.

With such considerations in mind, the following tips can act as a guideline for how to approach your holiday donation this season.

- **Know how much is tax deductible.** To show their appreciation for your donation, many charities offer gifts in return. These can reduce the amount of your tax deduction if accepted. Gifts such as a dinner for two or concert tickets will lessen the amount you can deduct come tax time. Of course, these gifts can be turned down, and often are. Maintain accurate records. Upon making a donation, the charity should provide you with receipts and possibly even forms you'll need to prove you made the

donation. Always keep these records, even after you've filed your tax returns. For more information, visit the Internal Revenue Service Web site at www.irs.gov.

- **Plan for your gift.** Most people recognize the need for giving around the holiday season and want to do their part. To ensure you can do just that, plan for your gift and add the amount into your monthly budget. Just like you would rent or utilities or your monthly car payment, plan ahead on how much you'll donate and stick to that amount. Charities will appreciate the effort and you'll feel better having done your part.

- **Do your research.** Not all charities are legitimate and well-intentioned. In fact, criminals prey on charitable people around the holiday season, recognizing the added desire for giving and attempting to capitalize on that desire. If you don't have a favorite charity with which you've established a relationship over the years, take some time to do your research and ask a few questions along the way. Be skeptical of charities you've never heard of or aren't familiar with. Ask how much of your donation goes to the needy and how much goes to the charity's overhead costs. Ask where the money

will go as well. Any charity worth giving to will be glad to answer these questions. If a charity does not know the answers to such inquiries, ask for a phone number for the charity's headquarters or simply look elsewhere. Never trust a charity is a charity simply because it says so. There are nearly as many bogus charities as there are legitimate ones.

- **See if your employer matches gifts.** Employers often recognize their role in making charitable donations as well. Such a recognition often results in matching programs, where an employer will match the donation amount their employees make to a given charity. This can make your donation go even further. Of course, it can also help your employer when it comes time to file taxes as well.

- **Recognize there's more than one way to give.** It's no great secret money can be tight come the holiday season. Giving time is often as valuable as money. Since charities experience a sharp increase in donations around the holiday season, they often need help in handling those donations. In addition, charities often get more public around the holidays in an effort to increase giving. That increased presence is made possible by volunteers willing to offer their time.

How to pick the perfect doll for every age



For a little girl, there is no more magical gift to receive during the holidays than a beautiful new doll. Despite all the high-tech toy crazes, classic doll play has withstood the test of time, giving children today the same wonderful imaginative play experiences it has for past generations. Dolls are important to children at each stage of development, providing comfort, security, and "an [always] available friend."

The size of the doll should be proportionate to a child's size and strength. When she cradles the doll in her forearm, she should be able to hold the doll's bottom in her hand, and its head should nestle in the crook of her elbow — exactly the way a baby would be held by an adult. The weight of the doll should also be proportionate to that of the child, which makes the doll easy to manage. Here are some other tips specific to the child's level of development:

- **0+:** As a baby begins to investigate her new world of shapes and textures and develops essential skills, she needs a snugly security

companion. Select a plush and washable doll that is lightweight and between 10- and 12-inches tall, perfectly sized for tiny hands to hold and hug.

- **18 months:** As baby transitions to the toddler years, she begins to care for and nurture her doll, imitating her parents. Select a doll that will make an ideal playmate: Look for a doll that is about 12 inches that is soft, lightweight, and easy to dress and undress.

- **3 years +:** Little girls at this age begin to act out many real-life situations with their dolls. They may become big sister, mother or babysitter. Baby dolls encourage creativity and inspire pretend play memories young girls will cherish forever. For the added fun of hair play, choose a doll with well-rooted hair that can be combed.

- **5 years +:** Girls begin to project themselves into their world and start to develop and value friendships. In turn, they are looking for playmates. Select dolls that have a variety of wardrobe, hair design and accessory choices.

Donors beware come holiday season

Much of the joy of the holiday season rests in the joy of giving. A time to reflect on what you have and what others may not, the holiday season represents the peak of donations for many charities across the country.

Unfortunately, the holiday season is often the peak season for fraudulent charities as well. Preying on people's willingness to give, such frauds have a number of tricks up their sleeve when it comes to getting your money. One of their more commonly used tricks is to prey on senior citizens, who they feel are the easiest marks. As good as these con men can be, however, their efforts can be easily thwarted by exercising a few precautions.

- **Don't think a gift mandates a donation.** Many fraudulent charities resort to this approach, sending you mailing labels, calendars or even cards in an effort to get you to reciprocate. While this is also the practice of many legitimate charities, look into any unsolicited gifts from so-called "charities" you've never heard of or never donated to.

It's also important to beware of

charities that boast a sweepstakes as an incentive to donate. Such sweepstakes often require a contribution as an entrance fee. Reputable charities don't need to resort to these tactics, so any that do might not be legitimate.

- **Beware of the name game.** Fraudulent charities often adopt similar names to charities you've heard of, in the hopes that you'll hear that like-sounding name and assume it's the same charity. Such was the case in 2005 after Hurricane Katrina, when many fraudulent charities preyed on people's willingness to support hurricane victims. Listen to the name of the alleged charity carefully, and look into it.

One company that rose to the forefront during Katrina was Charity Navigator, a non-profit organization that tries to help people looking to donate money. Charity Navigator (www.charitynavigator.org) aims to help people make intelligent donations and avoid being scammed.

- **Don't give in to pressure.** A telltale sign of a fraudulent charity

is one that attempts to pressure you into giving. A legitimate and worthwhile charity doesn't need to pressure you, as you're likely well aware of its track record. Even if you're not, charities worth your donation will provide you with literature and other information that details their work. Legitimate charities also recognize your need to think over your donation, and won't pressure you into making one on the spot.

- **Be wary of over-the-phone giving.** While legitimate charities do resort to telephone fundraising, it's often at the expense of the charity. In essence, charities will hire for-profit fundraisers to reel in donations. Those fundraisers will take a cut of your donation. To get around this, if a fundraiser reaches out to you via telephone, ask for all pertinent information, such as a Web address, a mailing address, any materials that can be mailed to you, etc. Once you've read over all other materials, mail the charity a direct check. This will ensure that all of your donation is going to the charity, and not to the fundraiser.



Dolls make treasured holiday gifts.

Real or Faux?

...The Christmas tree debate continues

Decorating Tips

Christmas trees have been a part of holiday tradition in this country since the 18th century, when German settlers brought with them a number of things which we now associate with Christmas—including regal trees they adorned.

Each year families seek their perfect holiday centerpiece and consider the pros and cons of real and artificial trees. In a head-to-head matchup, what type of tree would win out? While it's really a matter of preference, here are how real and faux trees stack up against one another.

Portability

Real: While that handy mesh sleeve they put trees in at the Christmas tree lot or farm does make it easier to lift and move the tree, there's still the challenge of attaching it to the roof of the car (and not having it blow off on the highway) and getting it into the house through narrow doorways.

Typically, this involves large trails of pine needles from the car to house, which homeowners often still find in July despite several

months of vacuuming. Real trees can be heavy and positioning—and repositioning—them in the perfect spot can work up a sweat.

Faux: Packaged inside of a box, these trees are often lightweight and easy to maneuver into the house. Once inside, there's a small task of assembling the pieces into the final tree. Some models come fully assembled, so it's just a matter of setting the stand in the desired corner or window.

Aesthetic appeal

Real: Unless you buy the last straggler of a tree on Christmas Eve and it resembles matchsticks more than a living entity, real trees can be a wonder to behold. With hues and needle shapes of all types, tree-seekers can spend hours discovering their ideal tree. And there's no beating the pungent aroma of pine wafting through the home.

Faux: There have been many advancements in artificial tree manufacturing, and some are quite lifelike. However, one touch of the branches will indicate the tree did not grow outdoors, and often a closer look reveals the steel frame

hiding within the center of the tree. Plus, unless the tree is enhanced with an artificial scent, there will be no pine smell associated with the holidays.

Financial factor

Real: Prices for real trees vary among lots and tree farms. Some can be as inexpensive as \$15 and others tipping the scales at \$50 or more for a full, desirable tree. That can be a steep price to pay for something that only adorns the house for a few weeks out of the year. There are options to purchase real trees with the root ball intact, so that the tree can be planted later in the yard.

Faux: While artificial trees may cost more than real trees up front, they can be reused year after year, making it a more cost-effective investment. Also, with fake trees, there is often no need to purchase the accessories that go with real

trees, such as elaborate tree stands and watering accessories.

Environmental effect

Real: On the surface, it may seem that harvesting real trees is damaging to the environment and wasteful. However, as tree farmers assert, Christmas trees are planted for the express purpose of the holiday season, and large numbers of new trees are planted each year to replenish the stock in an environmentally friendly way. Also, at the end of the season, many trees are recycled to be used as sand and soil erosion barriers and have been placed in ponds for fish shelter. In the United States, California, Oregon, Michigan, Washington, Wisconsin, Pennsylvania and North Carolina are the top Christmas tree-producing states.

Faux: Artificial trees are made from a variety of materials, includ-

ing PVC (polyvinyl chloride) and metals, which can put toxins into the air during production. PVC can also be a potential source of hazardous lead. That is why there are lead warning labels on some artificial trees. Artificial trees can sometimes be toxic if consumed by children or pets. Typically, artificial trees cannot be recycled, so there is no environmentally friendly way of disposing of them when they're no longer usable. The majority of artificial trees are imported from China.

Decorating ease

Real: With thick branches and lush foliage, real trees are very good at handling a wide variety of ornaments and lights. These branches may also conceal hanging apparatus such as light cords and ornament hooks quite well.

Faux: Some trees come already strung with lights for maximum convenience, while others have fiber optic features, where there are no cords at all. Ornaments hang well from metal branches, but unless a person properly fluffs and positions branches, some hooks and cords may be apparent.

Helpful hints for stringing up holiday lights

Chances are, when it comes to designing your Christmas lights display, you're more like Chevy Chase as Clark Griswold than Bob Vila. But holiday decorating needn't be a daunting task. Luckily, there is a bevy of products that can make designing your holiday decorations a lot easier.

For example, by simply visiting a Web site such as www.novellylights.com, you can gain many great ideas for unique ways to decorate your home this holiday season. Products like the Walk Way Trees, 2-inch tall mini Christmas trees that light up and line your sidewalk while staying secured into the ground with easy-to-mount stakes, require little work to install but can give your home a unique look.

Similarly, net lights make decorating all those trees and hedges significantly easier than it used to be. Rather than forcing you to string together several different strands of lights to cover your hedges and trees, net lights are connected in one easy net (reducing your dependence on knotted up extension cords), requiring you to just unfold the net and drape it over your nearest hedge. Also, most of these lights allow you to connect three nets at once, making the decoration of a row of hedges or one long tree trunk markedly easier.



Rope lights have also made decorating the home, and taking those decorations down, a lot less stressful. Similar to a garden hose, rope lights typically come on a spool that makes the trying process of untangling holiday lights a thing of the past. They can be used in many locations where you've once used traditional lights.

After you've chosen the right design, make sure you're careful in your use of holiday lights and decorations. According to the U.S. Consumer Product Safety Commission (CPSC), each year, 12,500 people head to the emergency room with cuts, burns, shocks and falls, courtesy of incidents involving faulty holiday lights, dried-out Christmas trees, and other decorations. The following are some helpful hints from the CPSC for you to take into consideration before dusting off your lights, ladder and staple gun and heading to the roof.

• Product inspection agencies such as ETL Semko (formerly Edison Testing Laboratory) and UL (Underwriters Laboratories, Inc.) exist for a reason. Whether you're buying

indoor or outdoor lights, make sure your lights have the ETL or UL seal, which assures they meet safety standards and have been certified for their specific use (indoor or outdoor).

• Examine your lights, new or old. Broken or cracked sockets, frayed wires, or loose connections indicate that those lights should be thrown away. Also, if a bulb burns out, replace it immediately, as the remaining bulbs will burn hotter for each burned out bulb.

• Do not use electric lights on a metallic tree. This can lead to the tree becoming charged with electricity from faulty lights, potentially electrocuting anyone who touches a branch.

• When stringing lights outdoors, be careful to avoid power lines leading from utility poles into older homes.

• When fastening outdoor lights, do so only to trees, house walls, or other firm supports, and use only insulated staples (not nails or tacks) to hold strings in place.

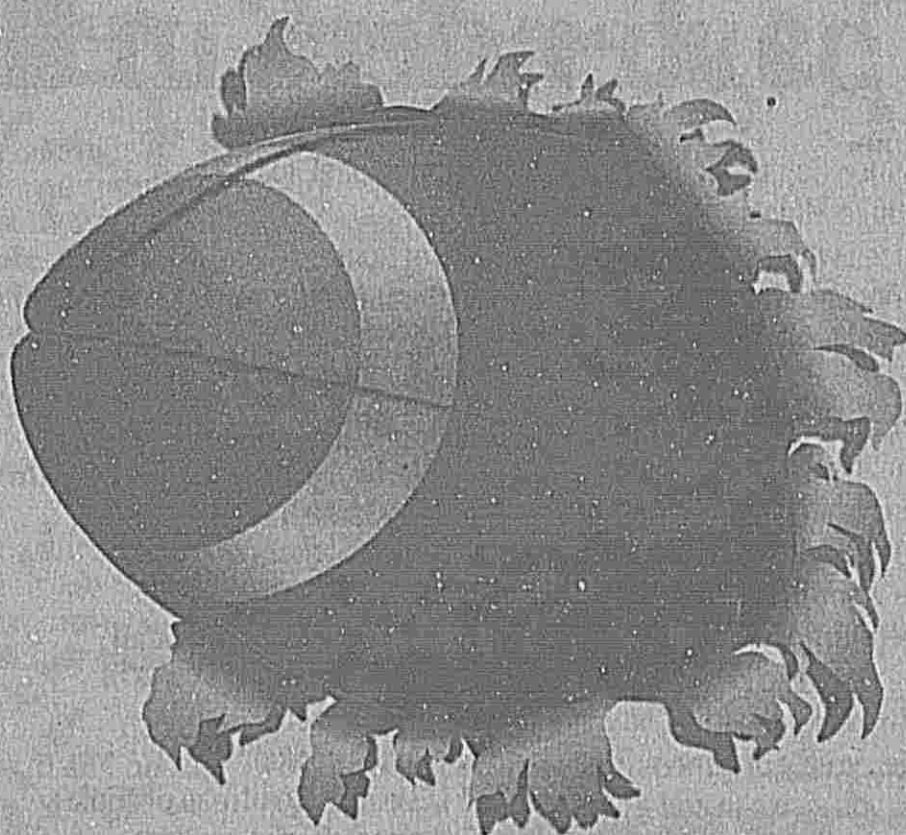
• Always turn the lights off before going to sleep or leaving your home.

• Plug outdoor lights into circuits protected by ground-fault circuit interrupters (GFCIs) to protect against electric shock. These are available wherever electrical supplies are sold.

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JOURNALS

Week 10
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9. Weekly deadline for entry will be 2 p.m. Thursdays except when
rolled otherwise on weekly entry kam.
10. Neither this newspaper nor any co-sponsor will be responsible
for illegible entry forms or those lost, stolen or damaged in any way.
11. Limit one entry per person per week. Each entry must represent
the original work of on e entrant, group, entries, systems or other
attempt to enter multiple entries will be disqualified. Filing out extra
forms and putting your friends' and relatives' names on them violates this
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12. Contestants must have reached the age of eight (8) years by the
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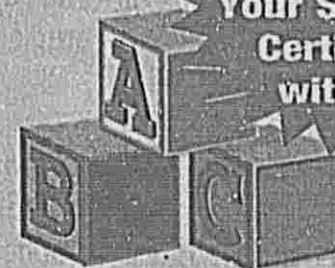


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Holiday drinks get bartenders in the spirit

By **TOM WITOM**
Thomaswitom@yahoo.com

With the arrival of the holiday season comes a fresh crop of how-to guides to help home bartenders get into the spirit of things.

Martinis, though a classic cocktail, have had a resurgence in popularity as trendy bars keep coming up with ever-more colorful and creative interpretations. The book "101 Martinis" (Wiley), written by expert mixologist Kim Hassarud, wows with its multiple varieties of the drink, whether it's consumed as an aperitif or an after-dinner dessert. Her intriguing Apricot-Mango Martini and Kiwi Cosmo is sure to please guests.

Sidcar ("Ben Reed's Bartender's Guide")

Ingredients:
2 ounces brandy
1 ounce fresh lemon juice
1 ounce Cointreau

Sugar, for the glass

Directions:

Shake all the ingredients together over ice, and strain into a chilled martini glass with a sugared edge.

Brandy Alexander ("Ben Reed's Bartender's Guide")

Ingredients:
2 ounces brandy
1 ounce dark creme de cacao
1 ounce heavy cream
Grated nutmeg, to garnish

Directions:

Shake all the ingredients over ice, and strain into a chilled martini glass. Garnish with a sprinkling of grated nutmeg.

Kiwi Cosmo ("101 Martinis")

Ingredients:
1 1/2 ounce citrus vodka

1/2 ounce Cointreau
1/2 ounce Midori
2 ounces white cranberry juice
1 1/2 ounces kiwi puree
Splash of lime juice

Directions:

Combine the vodka, Cointreau, Midori, white cranberry juice, kiwi puree and lime juice with ice, and shake vigorously. Strain into a chilled martini glass.

Note: To make kiwi puree, peel 4 kiwis and blend with 1/2 ounce simple syrup. For a more tropical flavor, you also can add a New Zealand gold kiwi.

Apricot-Mango Martini ("101 Martinis")

Ingredients:
2 ounces apricot nectar
1 1/2 ounce Plymouth gin
1 ounce apricot brandy
1 ounce mango puree
Splash of lemon juice

Lemon peel, for garnish

Directions:

Combine the apricot nectar, gin, apricot brandy, mango puree and lemon juice in a cocktail shaker filled with ice, and shake vigorously. Strain into a chilled martini glass. Garnish with the lemon peel.

Kamikaze Cocktail ("Mini Bar Vodka")

Ingredients:
2 ounces vodka
1 1/2 ounce Cointreau or triple sec
1/4 ounce fresh lime juice

Directions:

Shake the ingredients with ice, and strain into a chilled cocktail glass.

Whiskey Fizz ("Mini Bar Whiskey")

Ingredients:

2 ounces blended or other whiskey
1 ounce fresh lemon juice
1/2 ounce simple syrup or 1 teaspoon superfine sugar
3 to 5 ounces chilled club soda
Lemon wedge

Directions:

Shake the whiskey, lemon juice and simple syrup vigorously with ice. Strain into ice-filled highball glass. Top with club soda and stir gently.

Squeeze the lemon wedge over the drink and drop it in.

Correction

In the article "Stuffed cabbage recipe inspired by cook's father," the ingredient measurement of 1 cup dark brown sugar was omitted from the sweet-and-sour sauce recipe.

The Journals regret the error.

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● Health beat

Handling figure skating as a family is a balancing act

Question: My daughter wants to start figure skating. Do you have any information on the sport?

Answer: I spent five years training a competitive figure skater, so I do have experience in this sport.

All figure skaters need coaches for their spins, jumps, skating and choreography. They also will need a strength and conditioning coach to help them gain strength and then power.

Figure skating is, without a doubt, a closed-kinetic chain activity. The skater stands on a single blade under each foot, glides on one of the most slippery surfaces on the planet, and

99 percent of the sport is performed on a single leg.

Because of the single-leg nature of the sport, the hip, knee and ankle must go through intense stability training. The skater needs to be able to generate power through hip extension (coming from a bent knee to position to propelling up) for jumps and somehow be able to land on one foot and decelerate ... all the while looking graceful.

Every second of this event is performed on the feet; therefore, the strength and conditioning coach must train the skater that way. If a figure skater is trained on the floor, that is exactly where the skater will end up - down on the ice.

Here are a few more things to consider:

The age of the skater - Figure skaters 14 to 15 might have adequate strength in hip extension to do jumps, but their knee and ankle stability might be lacking. This instability/weakness will make landing harder. To correct this, the skater must be trained through single leg deceleration. Two great tools are the wobble board and the BOSU Ball.

The experience of the skater - Competitive figure skaters have been learning technique since they could crawl. Some even begin learning the ropes by mid-elementary school. An experienced skater will have some of the best single balance

you will ever see. Depending on the skater's level, it is not incorrect to begin his or her training program at an advanced stage. If the skater is inexperienced or very young, training is very important because it will provide a foundation of stability for future in



Linda DeFever

the sport.

The daily schedule of the skater - It is grueling. Most days they are on the ice one to three hours before school; some

might even get some ice time during lunch. Then, it is back on the ice after school. It is after this that skaters will show up for their strength training. They will be mentally and physically fatigued. So, it is important to find a trainer that can help them focus on their training session. If they do not perform their best during this session, it could equate to a decrease in their on-ice performance.

• Linda DeFever is the owner of Vitality Inc., Where Exercise and Nutrition Meet in Balance at Serenity Health Resources in Wauconda. To have your health and fitness questions answered, e-mail DeFever at ocfever01@yahoo.com.



Photo provided

Time is running out, as Denzel Washington tries to uncover the mystery behind a ferry explosion in the new film "Déjà Vu."

"Déjà Vu" short on plot, but big on acting talent

• DÉJÀ VU

Continued from C6

When Carlin visits Claire's home, he finds bloody clothing and an overwhelming feeling of déjà vu. We've all had that prickle of recognition of a scene that we find ourselves in the middle of and know that we've been here before and what's going to happen next. Then ... it's gone.

The most interesting hypothesis put forth here is that the continuum of this déjà vu experience may be two-way. When Carlin introduces a beam of light from the present/future into the space of the past/present, where Claire talks with a

child, there is a spark of recognition. Don't fight it, just go along for the ride.

What happens next in this story, we'll leave for you to discover.

Denzel Washington is a cool character here, observant and quick with the deductions.

Director Tony Scott (re-united with Denzel from "Man on Fire") presents a credible take on a flawed script by Bill Marsilii and Terry Rossio, who get lost in a one-eyed, past-meets-present car chase. You'll know the scene when you see it.

"Déjà Vu" illustrates the point that a fine actor with talent - that's Denzel Washington - can elevate a film tremendously.



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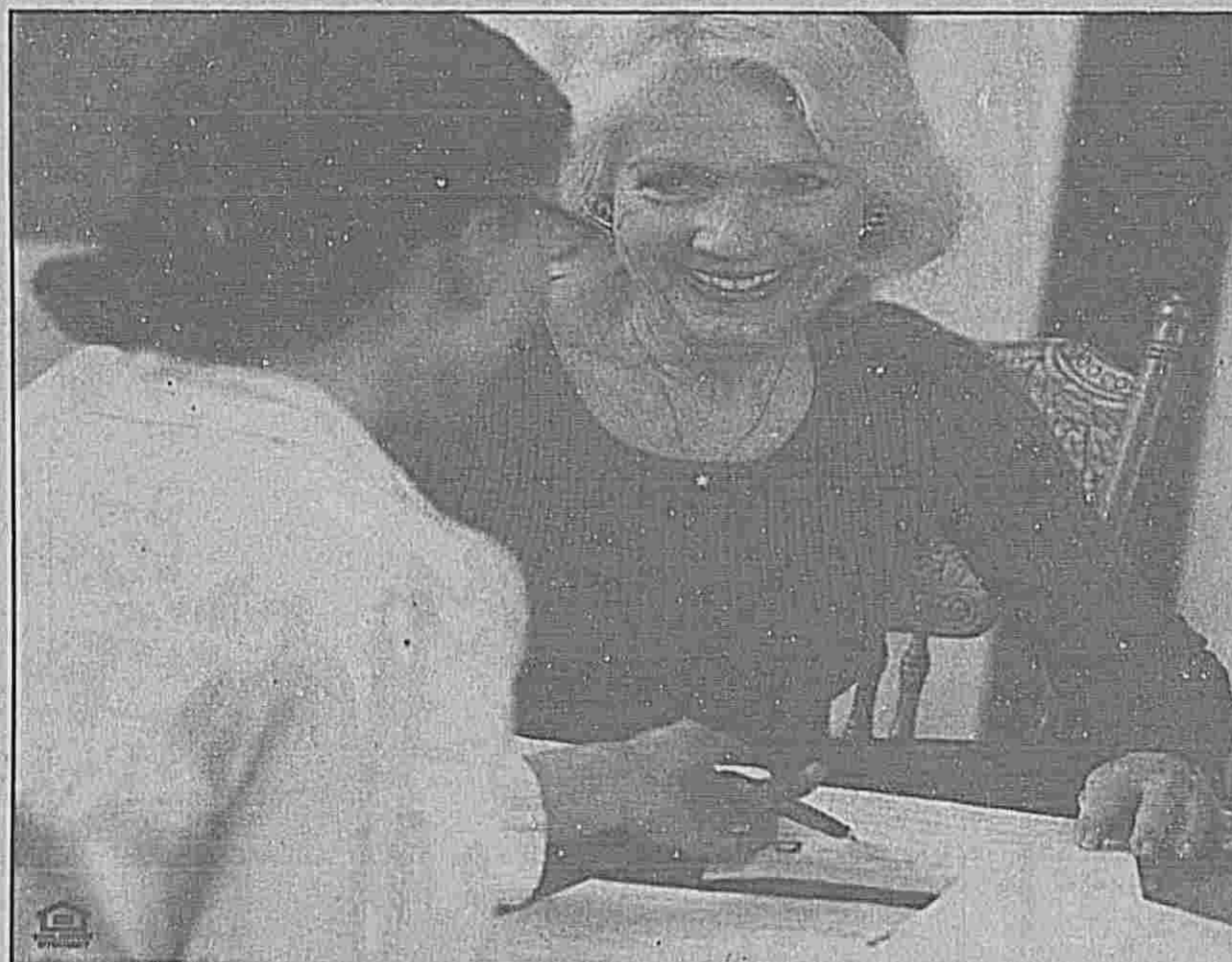
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Figure skating is, without a doubt, a closed-kinetic chain activity. The skater stands on a single blade under each foot, glides on one of the most slippery surfaces on the planet, and

99 percent of the sport is performed on a single leg.

Because of the single-leg nature of the sport, the hip, knee and ankle must go through intense stability training. The skater needs to be able to generate power through hip extension (coming from a bent knee to position to propelling up) for jumps and somehow be able to land on one foot and decelerate ... all the while looking graceful.

Every second of this event is performed on the feet; therefore, the strength and conditioning coach must train the skater that way. If a figure skater is trained on the floor, that is exactly where the skater will end up - down on the ice.

Here are a few more things to consider:

The age of the skater - Figure skaters 14 to 15 might have adequate strength in hip extension to do jumps, but their knee and ankle stability might be lacking. This instability/weakness will make landing harder. To correct this, the skater must be trained through single leg deceleration. Two great tools are the wobble board and the BOSU Ball.

The experience of the skater - Competitive figure skaters have been learning technique since they could crawl. Some even begin learning the ropes by mid-elementary school. An experienced skater will have some of the best single balance

you will ever see. Depending on the skater's level, it is not incorrect to begin his or her training



Linda DeFever

the sport.

The daily schedule of the skater - It is grueling. Most days they are on the ice one to three hours before school; some

might even get some ice time during lunch. Then, it is back on the ice after school. It is after this that skaters will show up for their strength training. They will be mentally and physically fatigued. So, it is important to find a trainer that can help them focus on their training session. If they do not perform their best during this session, it could equate to a decrease in their on-ice performance.

• Linda DeFever is the owner of Vitality Inc., Where Exercise and Nutrition Meet in Balance at Serenity Health Resources in Wauconda. To have your health and fitness questions answered, e-mail DeFever at ocfever01@yahoo.com.



Photo provided

Time is running out, as Denzel Washington tries to uncover the mystery behind a ferry explosion in the new film "Déjà Vu."

"Déjà Vu" short on plot, but big on acting talent

• DÉJÀ VU

Continued from C6

When Carlin visits Claire's home, he finds bloody clothing and an overwhelming feeling of déjà vu. We've all had that prickle of recognition of a scene that we find ourselves in the middle of and know that we've been here before and what's going to happen next. Then ... it's gone.

The most interesting hypothesis put forth here is that the continuum of this déjà vu experience may be two-way. When Carlin introduces a beam of light from the present/future into the space of the past/present, where Claire talks with a

child, there is a spark of recognition. Don't fight it, just go along for the ride.

What happens next in this story, we'll leave for you to discover.

Denzel Washington is a cool character here, observant and quick with the deductions.

Director Tony Scott (re-united with Denzel from "Man on Fire") presents a credible take on a flawed script by Bill Marsilli and Terry Rossio, who get lost in a one-eyed, past-meets-present car chase. You'll know the scene when you see it.

"Déjà Vu" illustrates the point that a fine actor with talent - that's Denzel Washington - can elevate a film tremendously.



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PETS

Pets for adoption



Photo provided

Braille is a deaf, partially blind, special-needs dog looking for a family.

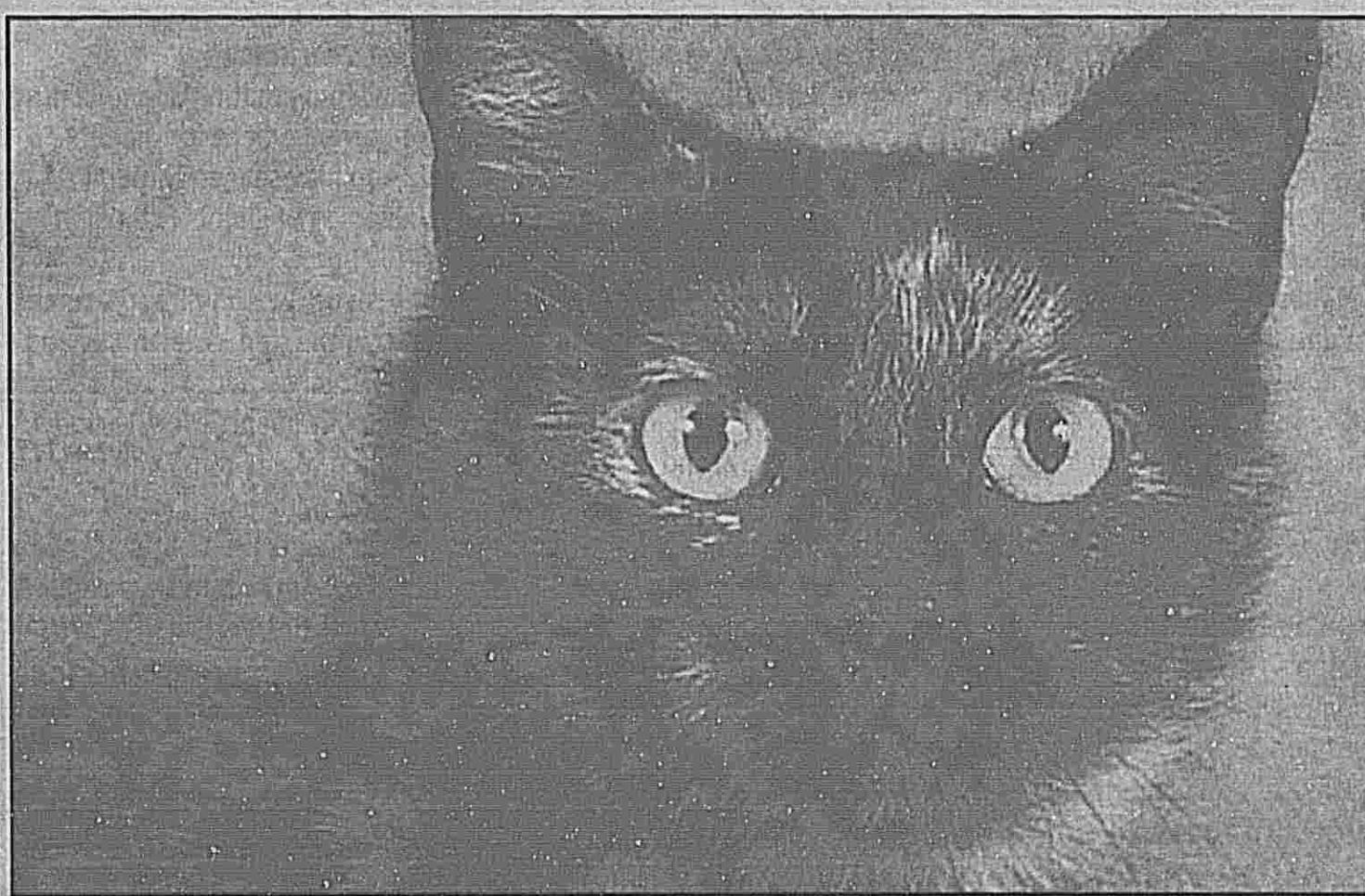


Photo provided

Zelda is a 1-year-old tortoiseshell cat looking for a special home to call her own.



Photo provided

Snickers is a 10-month-old outgoing and affectionate cat looking for the perfect place to live.

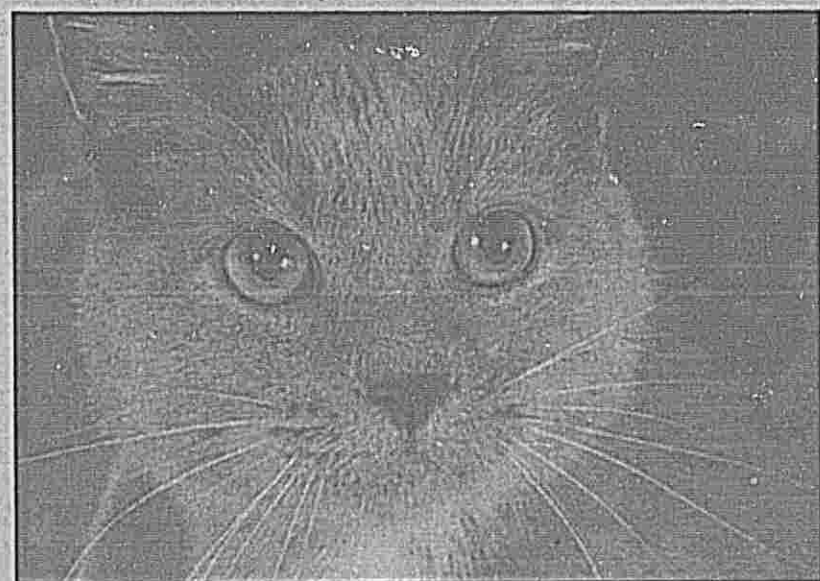


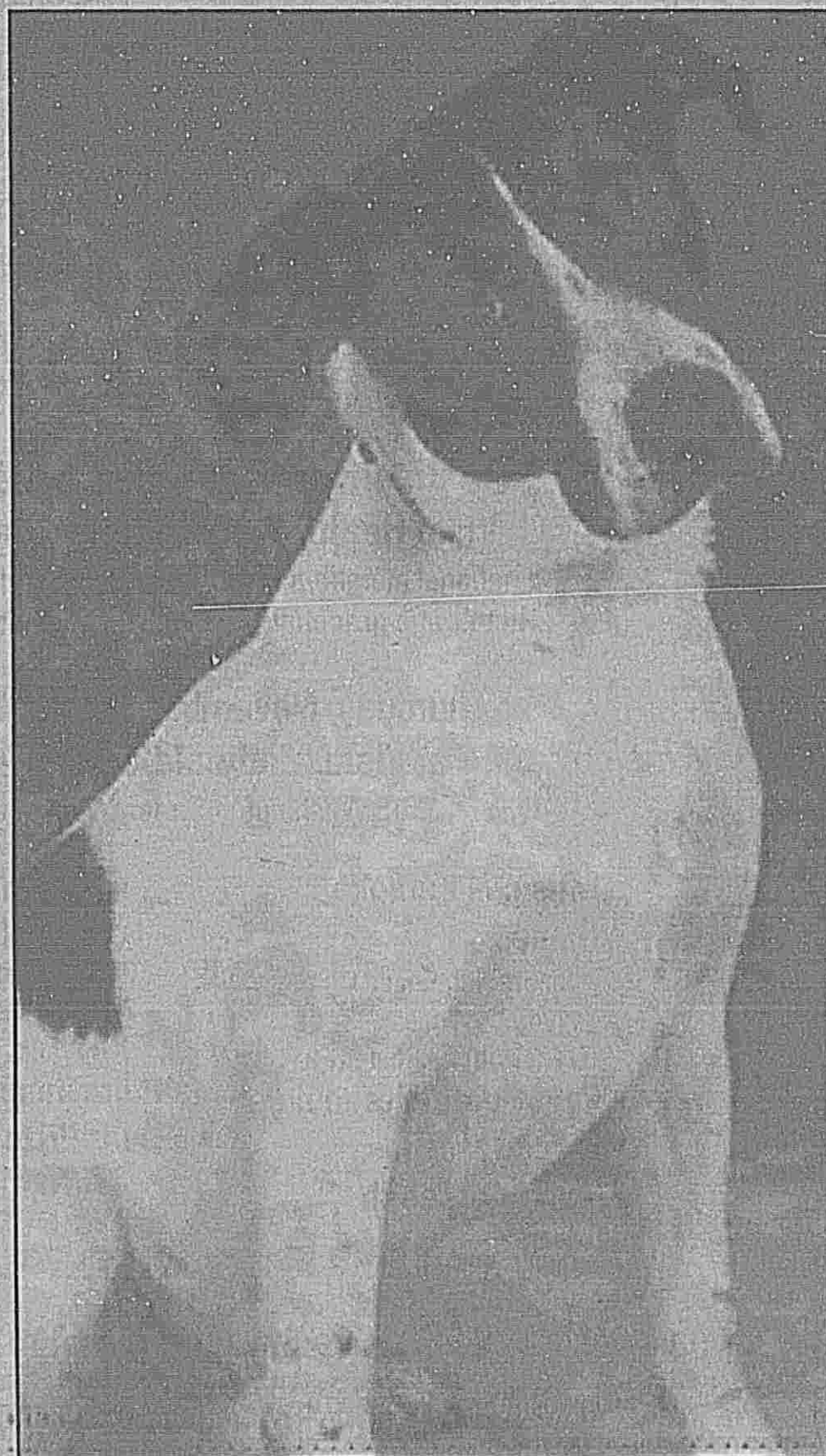
Photo provided

Henry is a 2- to 3-year-old cat looking for a loving home.



Photo provided

(Above) Phoenix is a 9-year-old border collie looking for a forever family. (Right) Clyde is a 2-year-old border collie mix looking for a new owner.



All pictured pets are available for adoption through Animal Education and Rescue. For more information, visit www.animaleducationandrescue.org, or call (847) 816-0831.

● To Do

'Hansel and Gretel'

Opera in Focus will present "Hansel and Gretel" at 1:30 p.m. on Dec. 2, 6, 7, 9, 27 and 30 at Park Central, 3000 Central Road, in Rolling Meadows. Doors open 30 minutes prior to performances, and reservations are required.

Cost is \$12 for adults, \$11 for seniors (older than 60), and \$7 for children (12 and younger).

For more information, call (847) 818-3220.

Festival of Lights

Zion's Festival of Lights celebration will take place from Dec. 1 through 23.

For additional information, visit www.cityofzion.com.

'The Nutcracker'

The Barrington Youth Ensemble's 12th annual production of "The Nutcracker" will take place at Barrington High School's Richard C. Johnson Auditorium, 616 Main St., in Barrington on Dec. 1, 2 and 3.

"The Nutcracker" will start at 7 p.m. on Dec. 1; at 2 p.m. and 7 p.m. on Dec. 2; and at 2 p.m. on Dec. 3.

Tickets can be bought by calling (847) 382-6333. Cost is \$22 for children, students and seniors; \$25 for adults; \$28 for preferred seating; and \$25 at the door.

For more information, call the number above, or visit www.byde.org.

Tree workshop

Have fun creating a long-lasting tree arrangement for the table this holiday season through a University of Illinois Extension workshop.

Fresh boxwood will serve as the base of the tree. Dried roses and fresh, mini carnations will be used as the ornaments. And, to add a finishing touch, raffia and ribbon swill be applied as garland.

Participants are to bring pruners and a box for the finished tree.

Cost for the workshop is \$25. It will take place from 1 to 3 p.m. on Dec. 11 at the Extension, 100 S. Route 45, in Grayslake. Registration must be completed by Dec. 1.

For more information, call (847) 223-8627. 388-1835.

Gingerbread houses

Learn how to build a gingerbread house from 7 to 8:15 p.m. on Dec. 11 at the Zion-Benton Public Library, 2400 Gabriel Ave., in Zion. Registration is required.

For more information, call (847) 872-4680, ext. 4.

Free gas

A free gas contest is being sponsored by the Brookfield, Wisconsin Convention and Visitors Bureau. The lucky winner will be awarded \$1,000 worth of free gas. The contest ends Dec. 14.

For more information, call (800)

Book signing

Local author G.C. Rosenquist will be signing copies of his new book, "Super Elastic Traveling Sound Circus," as well as his three previous novels, at Paige Turner Books in Zion from 1 to 4 p.m. on Saturday, Nov. 25.

For more information, call (847) 731-7300.

Freedom calls

The GLMV Chamber of Commerce is offering free video conferencing for families with relatives serving in Iraq.

For more information, call (847) 680-0750.



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 - Number Wheel
 - Black Jack - Roulette
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- **Free Massages**
- **Talk to a Health Professional**

- **Benefit Partner Exhibits**
 - ADT/Quiet Care
 - Collette Vacations
 - Eye Med Vision Care
 - ScriptSave
- **Refreshments**
- **Door Prizes**

Call 847-360-4246 for more information.



Photo Provided

The Wood Street Theater Company will present "Here's Love," a musical version of "Miracle on 34th Street," through Dec. 3. Mundelein resident Sarah Boruta (center) plays Doris in the production. Also pictured are Jerome St. Jerome (left) and Glen D. Jackson.

Musical of classic tale to take stage

WOODSTOCK - A musical version of the popular holiday movie "Miracle on 34th Street" will be performed through Dec. 3 at the Cutting Hall Theater in Palatine.

"Here's Love" has the same characters and tells the same story as "Miracle on 34th Street," but is adapted for the stage with a musical score and songs.

The production tells the tale of a girl who does not believe in Santa Claus. By story's end, the girl has a different - more pos-

sitive - perspective on life.

Performances will take place at 7:30 p.m. on Nov. 25, Nov. 30 and Dec. 2; and at 3 p.m. on Nov. 26 and Dec. 3.

Tickets cost \$14 for adults and \$12 for students and seniors.

For more information, or to reserve tickets, call the Woodstreet Theater Hotline at (847) 338-0706, or e-mail WoodStTheater@aol.com.

The Cutting Hall Theater is located at 150 E. Wood St., off of Northwest Highway in Palatine.

SUDOKU

CROSSWORD

VERY EASY

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EASY

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HARD

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SUDOKU SOLUTIONS

VERY EASY

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EASY

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MEDIUM

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HARD

9	6	1	2	5	8	7	3	4
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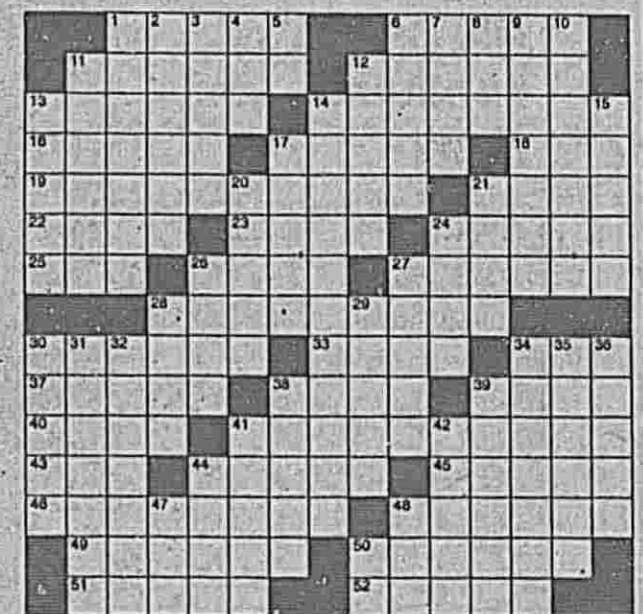
ACROSS

- Fire extinguisher
- Napped
- In a lucid way
- de, seats you
- Tailed
- Pocketing
- Horatio __, Am. writer
- Marinara or hollandaise
- Power unit (abbr.)
- In a disorganized way
- Tease or taunt
- Adult females
- Towards the mouth or oral region
- George __, English actor 1558
- Male parent
- Hard fat in beef and mutton
- Rubs out
- Awareness due to stimulation
- Pickled berries as garnish
- Chaps
- Skirt length finish
- Tropical woody vine
- Secured by the liver
- Remedios, Spanish surrealist
- Thomas __, British

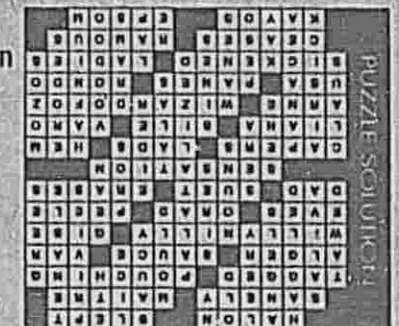
- composer, 1700
- Baum's best known: "The __"
- Comprised of 50 states
- Sheets of glass
- Type of instrumental composition
- Became ill
- Women
- Ends
- Resembling branches
- Knocks out
- salts, remedy

DOWN

- In a way, bargained
- Lowest in the celestial hierarchy
- Distrustful
- Aged
- Empire State
- Amusingly forward
- Blood-sucking insects
- Ethiopia (abbr.)
- Outhouses
- Defensible position
- Oral secretion
- Cavity to shape a substance
- Shot a marble
- Sound produced with the front of the tongue



- Steps
- Fathers
- Content words
- Sweet cherry stock used for grafting
- vs. cons
- Cave Carnival organization
- Northern duck valued for its down
- W. Samoan monetary unit
- 100 = 28 down
- Santa
- Plane illness
- Remedy
- Atomic # 72
- Hf
- Wears away
- Spanish wait-



Horoscope

SAGITTARIUS - Nov 23/Dec 21
When you're right, you're right, Sagittarius. This week you're on fire and right on target concerning an important matter at work.

CAPRICORN - Dec 22/Jan 20
A couple of setbacks early in the week are eclipsed by the good fortune that arrives on Friday. This mood enhancer comes just in time to provide the boost you need.

AQUARIUS - Jan 21/Feb 18
Stopping to smell the roses is an expression you should take seriously, Aquarius.

PISCES - Feb 19/Mar 20
Tuesday becomes "Twosday" when you share the entire day with your someone special.

ARIES - Mar 21/Apr 20
A "can-do" attitude gets you far this

week, Aries.

TAURUS - Apr 21/May 21
Lately, you've been on auto pilot and haven't had much downtime.

GEMINI - May 22/Jun 21
Special moments with a romantic partner are in store for you this week, Gemini. The stars point to sizzling love matches and rekindling of old flames.

CANCER - Jun 22/Jul 22
New financial opportunities come your way, Cancer.

LEO - Jul 23/Aug 23
Some surprise good news completely changes your plans this week, Leo.

VIRGO - Aug 24/Sept 22
You have your eyes on a new love ... of the furry variety. A pet will come into

your life this week.

LIBRA - Sept 23/Oct 23
You're starting to think your life is the subject of one of those hidden-video shows. Too many outlandish things are happening.

SCORPIO - OCT 24/NOV 22
Your to-do list is a mile long. Fortunately, you have energy these days.

PattiCake inc.

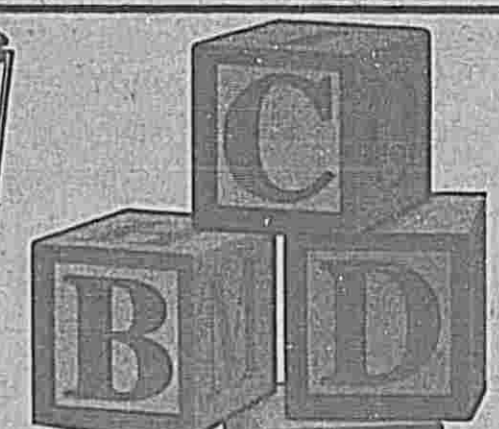
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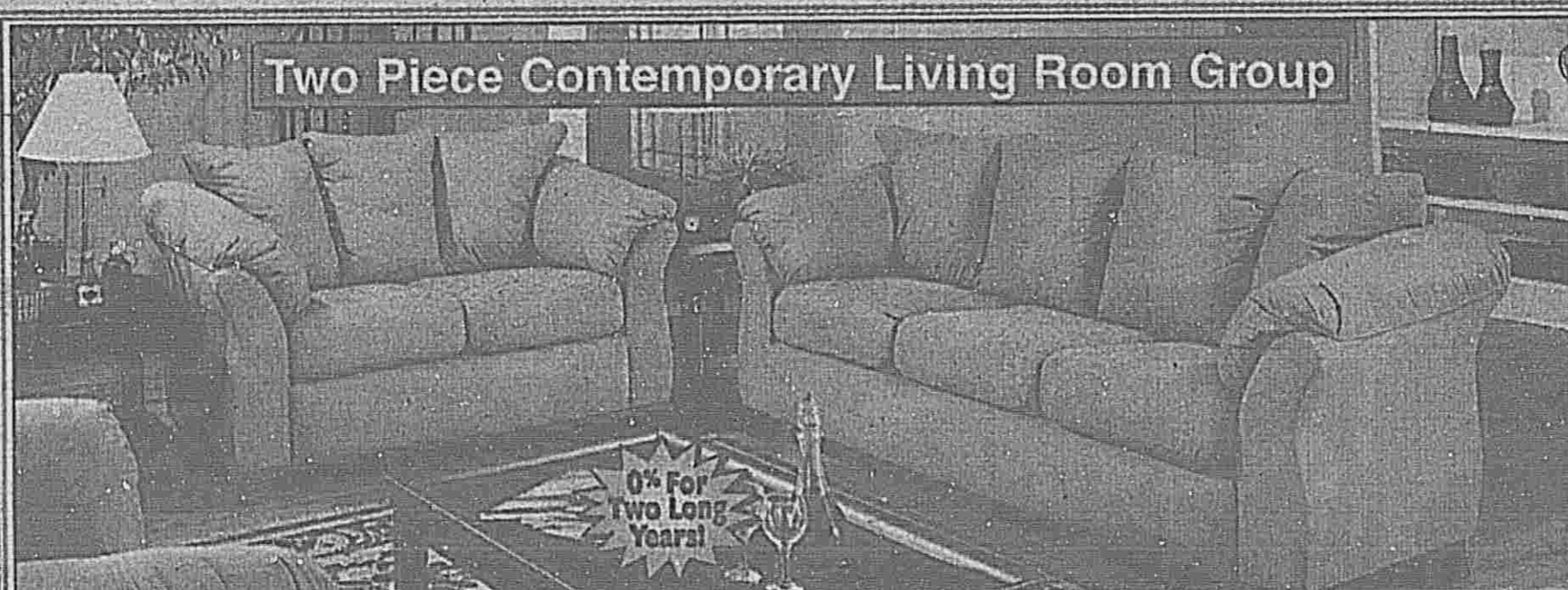
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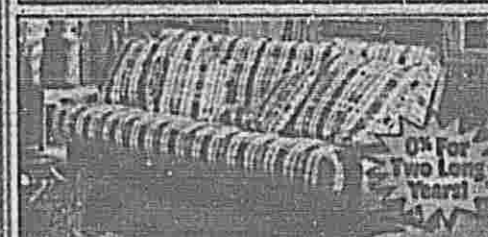
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of \$499.
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\$599**Save \$200**The broad, tufted
back and oversized
pillow-style seat
provide a look
that's both distinc-
tive and luxurious.
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lows not included. While they last.Great Selection
On Display. All
Discount Priced.Total's Everyday Low Price
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extends to 88" with one 18" leaf. Matching china cabinet has oak
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Learn infant, child and adult CPR through the American Heart Association's Pediatric and Heartsaver course.

Participants receive first aid instruction for choking, as well as information about heart disease, causes and prevention of injury, and cardiopulmonary arrest in children. This is a one day course is offered by CPR Associates, Inc.

Fee \$40.

Dates Saturday, December 9

Time 9 a.m. to 1 p.m.

Register (773) 973-6933

The Healing Path of Yoga

Integrating body, breath, mind and heart allows us to evoke the presence of healing within us. Please join Fiona Ricci-McCarthy who will lead us through the physical practice of Yoga to restore our minds to peace and free it from confusion while allowing the mind and body to recover from fatigue and the daily stress of life through movement and restorative poses.

Please wear comfortable clothing. Mats will be provided.

Date Friday, December 8

Time 9:45 to 11 a.m.

Location Posy Krehbiel Prevention &

Wellness Center

Register (847) 535-8500

Eating right and exercising are keys to a healthy lifestyle

This time of year, many people take inventory of their life and make resolutions to change come the new year. One area to focus on is personal health.

Are you as healthy as you could be? It's important to make informed food choices and develop sound eating and physical activity habits to stay healthy. The food and physical activity choices you make today - and everyday - affect your health and how you feel right now and in the future, says the American Dietetic Association (www.eatright.org). To maintain good health, the Association suggests that you make smart choices from every food group to give your body the balanced nutrition it needs, being sure to stay within your daily calorie needs. Exercising regularly is just as important, which helps control body weight, promotes a feeling of well being, and reduces the risk of chronic diseases.

Food Guide Pyramid update

Since not all people are the same, the need for a more individualized approach to improving diet and lifestyle is necessary. This important point led to a revision in the Food Guide Pyramid last January by the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS). Called MyPyramid, this new food-guidance system utilizes interactive technology, allowing individuals to enter their age, gender and physical activity level to obtain a more personalized recommendation on their

daily calorie level based on the 2005 Dietary Guidelines for Americans. The Web site features MyPyramid Plan, MyPyramid Tracker and Inside MyPyramid, plus tips, resources and a worksheet. There is also a child-friendly version for children 6 to 11 years old. The main points of MyPyramid are highlighted below, courtesy of the USDA. All daily servings are based on a 2,000-calorie diet. Visit their Web site at www.mypyramid.gov to determine the amounts that are right for you.

• **Make half your grains whole:** Eat 6 ounces of whole-grain cereals, breads, crackers, rice, or pasta. Substitute a whole-grain product (brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, and wild rice) for a refined product - such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product. Note that foods labeled with the words "multi-grain," "stone-ground," "100 percent wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products.

• **Vary your veggies:** Eat 2 1/2 cups of dark-green veggies like broccoli, spinach, and other dark leafy greens; orange vegetables such as carrots and sweet potatoes; and dry beans and peas like pinto beans, kidney beans, and lentils. Stock up on frozen vegetables for quick and easy cooking in the microwave, buy vegetables

that are easy to prepare, pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes.

• **Focus on fruit:** Eat a variety of fruits, and go easy on fruit juices. Choose 2 cups of fresh, frozen, canned, or dried fruit, and keep a bowl of whole fruit on the table, counter or in the refrigerator. Buy fresh fruits in season when they may be less expensive and at peak flavor. Consider convenience when shopping and buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

• **Get your calcium-rich foods:** Two cups for kids ages 2 to 8, and 3 cups for people ages 9 and up are recommended. Go low-fat or fat-free when you choose milk, yogurt and other dairy products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages. Include milk as a beverage at meals. If you usually drink whole milk, gradually switch to fat-free milk to lower saturated fat and calories. Try reduced-fat (2 percent), then low-fat (1 percent), and finally fat-free (skim). If you drink cappuccinos or lattes - ask for them with fat-free (skim) milk. Add fat-free or low-fat milk instead of water to oatmeal and hot cereals. Have fat-free or low-fat yogurt as a snack, or use as a dip for fruits or vegetables. Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.

• **Go lean with protein:** Choose



5 1/2 ounces of low-fat or lean meats and poultry and either bake, broil or grill. The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, center loin, and ham. Choose at least 90 percent lean ground beef. You may be able to find ground beef that is 93 percent or 95 percent lean. Buy skinless chicken parts, or take off the skin before cooking. Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices. Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami. Vary your protein routine - choose more fish, beans, peas, nuts, and seeds.

• **Find your balance between food and physical activity:** Be sure to stay within your daily calorie needs, and be physically active for at least 30 minutes most days of the week; about 60 minutes a day to prevent weight gain; and 60 minutes a day, or most days, for children and teenagers. Choose activities that you enjoy and can do regularly.



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Annie Christie - achristie@nwnewsgroup.com

Lake County Health Department nurse Maggie Henneberry gives a flu shot to 90-year-old World War II veteran Julia Wojta, of Wildwood at the Warren Township Senior Center. The Health Department is urging residents of all ages to obtain flu shots. Information and appointments are available via e-mail at healthchs-flu@co.lake.il.us, or call the Health Department at (847) 377-8470.

Board of Health member gets award

LAKE COUNTY JOURNALS

Lake County Board of Health member Chris Stout was recently named the recipient of the 2006 Illinois Psychological Association Humanitarian Award.

A resident of Kildeer, Stout was commended for his pioneering of cross-disciplinary projects worldwide in healthcare, medical education and sciences, human rights, poverty, conflict, policy, sustainable development, diplomacy and terrorism.

The award was presented at an annual convention of the Illinois Psychological Association on Friday, Oct. 27, in Lisle.

Stout has participated in service trips, as well as educational and fundraising efforts for groups such as Flying Doctors of America, War Child

and Doctors Without Borders. In addition, he is the founding director of the Center for Global Initiatives.

Stout also served as a Special Representative to the United Nations, a position to which he was appointed by the Society of Psychological Study of Social Issues.

He has worked with many national and international agencies, including Head Start, Amnesty International and the Robert Wood Johnson Foundation and also has served as a Peace Fellow through Witness for Peace.

Stout has served on the Lake County Board of Health since 1999. The Lake County Board of Health oversees programs and develops policy for the Lake County Health Department/Community Health Center.

CLC Notes

Holiday art sale

Unique gift ideas will abound at the College of Lake County's Annual Holiday Art sale, which will take place Dec. 2 to 5. The sale will feature original art, including hand-made jewelry, wearable art, ceramics, sculpture and holiday decorations.

The sale will take place from 9 a.m. to 4:30 p.m., on Dec. 2; from 1 to 5 p.m. Dec. 3, and 9 a.m. to 9 p.m. on Dec. 4 and 5. The Holiday Art sale is sponsored by the CLC Foundation and proceeds help fund student scholarships.

"This juried art sale will include a variety of

hand-made art pieces from 50 different Illinois and Wisconsin artists," said Donna Sands, community exhibits center assistant at CLC. "The holiday art sale is a perfect place to find unique holiday gifts for the art lover on your shopping list."

The event will take place in the Atrium lo-

cated outside the Robert T. Wright Community Gallery of Art in the Learning Resource Center at CLC's Grayslake Campus. Parking is available in Lots 7 and 7A, just off the Brae Loch Road entrance to the campus. For information, call Donna Sands at (847) 543-2405 or e-mail dsands@clcillinois.edu.

'Disenfranchised grief' a holiday hurdle for those in mourning

• GRIEF

Continued from A15

Whether it's lighting a candle in that person's name during a holiday gathering or giving to charity in his or her honor, acknowledging the loss is crucial, said Jackie Grendel, bereavement counselor for Hospice of Northeastern Illinois.

"Get it out, whatever it is you choose to do," Grendel said. "And then it's over, and then people are more comfortable and can enjoy their holiday, including you."

Just like the rest of the year, getting through the holidays will require those who are grieving to change their idea of "normal," Grendel said.

"Although their holidays won't be like they were, there's no reason they can't be wonderful and beautiful again," she

said. "But with a new sense of normal."

That can be particularly difficult for people in Brennan's position, who have made it through the first holiday season, but are approaching the second with a deeper realization that their loss is permanent.

"I think sometimes people have the expectation if they get through it once, they're going to be OK," said Marianna Wolfmeyer, chaplain for the Centegra Sage Cancer Center at Centegra Northern Illinois Medical Center in McHenry. "For some people, the second year is even harder because they know what it means to be without a loved one in a way they didn't the first year." Wolfmeyer also is a facilitator for Living with Grief, the hospital's bereavement group.

As Brennan looks ahead to this holiday season, she's deter-

Where to turn

• **Hospice of Northeastern Illinois** will offer a drop-in group on handling the holidays from 2 to 3:30 p.m. Tuesdays through Jan. 9 at 390 E. Congress Parkway, Suite E, Crystal Lake.

• **The Hospice Foundation of Northeastern Illinois** will host a tree-lighting remembrance ceremony from 5:30 to 7 p.m. Dec. 2 at the Woodstock Square in Woodstock.

mined to hold onto some of the traditions that she and her husband built throughout their 43 years of marriage.

That included trudging through the snow to cut their own Christmas tree and opening presents Christmas Eve, sometimes just by the light of oil-lamps and candles.

"They say 'try and change,' but it hit me really hard, be-

said. "But those things I can't change yet."

Julie Zurek lost her sister, 44-year-old Susie Krawczyk, to pancreatic cancer March 16. The 51-year-old Island Lake resident said she knew traditions would need to change this holiday season. She's just not sure how.

"It's just getting through it moment by moment, honoring her absence this year," Zurek said, "and just trying to honor everybody's emotional response to it, because everybody is going to be different."

Zurek experienced a wave of holiday grief while opening up decorations for Halloween. Krawczyk's favorite holiday was Christmas, but her birthday was Oct. 28, and she'd always been a fan of decorating no matter what the holiday, Zurek said.

"I miss my sister every day, but it hit me really hard, be-

ping a year ago for some of the stuff I was unpacking," said Zurek, who planned to make a scrapbook memorializing Krawczyk.

Sharing grief with others is important during a period when many people experience what is known as disenfranchised grief, when societal and cultural pressures discourage the bereaved from outwardly expressing their loss, Wolfmeyer said.

"People need to have permission to experience whatever it is they can experience and are experiencing in the moment," she said.

That starts with remembering that grief doesn't take a vacation - or a holiday - just because we do, Wolfmeyer said.

"Essentially there's no fix for your grief and there's no really getting over it in a real sense," she said. "What they learn to do is over time make peace of their experience."

LINDA MAE HALL

Born: April 16, 1926
Died: Nov. 13, 2006
Resident of Round Lake Park for over 53 years

ROUND LAKE PARK—Linda Mae Hall, age 80 of Round Lake Park, died Monday, Nov. 13, 2006 at Condell Medical Center in Libertyville. Born April 16, 1926 in Granite City, to Percy J. and Virginia E. (nee Tayon) Wilkinson, Linda was a resident of Round Lake Park for over 53 years.

Survivors include her husband, Eugene, whom she married on Aug. 22, 1952 in Waukegan; her sons, Kenneth D. (Alice) Burnett of Darby, Kan., Philip (Daisy) Burnett of Highland, Larry (Debbie) Hall of Park City, and David R. Hall of Waukegan; her brother; sisters; 12 grandchildren and 14 great-grandchildren. Her aforementioned parents, daughter, Pamela L. Hall; four brothers and three sisters precede her in death.

A funeral service was held on Nov. 17 at 10:30 a.m., at Strang Funeral Chapel & Crematorium, in Grayslake. Interment followed at Avon Centre Cemetery in Grayslake. Friends of the family visited from 4 to 8 p.m., on Nov. 16 at the funeral chapel. Memorial donations may be made to the family. Please sign the Guest Book at

www.WeeklyJournals.com/obits

DR. JOHN R. VIERKE

Born: April 28, 1940
Died: Nov. 14, 2006

SPRING GROVE—Dr. John R. Vierke, age 66 of Spring Grove, died suddenly Tuesday, Nov. 14, 2006 at his home. He was born April 28, 1940 in Chicago, the son of Robert and Clara (Kalasa) Vierke. He was married to Jeanette Busch on Sept. 29, 1962 in Spring Grove. He was a graduate of Richmond-Burton High School in 1958, received his Bachelor of Science, his Masters Degree in curriculum coordination and his Doctorate in education administration from Northern Illinois University. He started teaching in 1962 at Grant Community High School in Fox Lake and retired in 1994 as assistant superintendent. He was involved in many teaching activities in Lake and McHenry County. He was a member of St. Peter Catholic Church in Spring Grove where he sang in the choir for 10 years, served as lector, served on the financial council, a member of the Knights of Columbus and was chairperson of the Centennial Committee in 2000. He was past president of the Spring Grove elementary grade school board. He served as a board

member of Burton Township, was township assessor for four years and was township supervisor for 20 years. He was an extremely enthusiastic and fun-loving energetic person who loved life. He loved to talk, loved to fish, enjoyed photography and appreciated the simple things of life.

Survivors are his wife, Jeanette; a daughter, Ann (Mark) Cunningham of Richmond; a son, Mark (Sheryl) Vierke of Crystal Lake; four grandchildren, Chad and Alexa Cunningham, Nathan and Chloe Vierke; a sister, Janet Vierke of Richmond; sisters-in-law, Dolores (Chuck) Walker, Helen Busch, Evelyn Elfmann and Patricia Mille; and a brother-in-law, Leon (Pat) Busch and many nieces and nephews. An infant grandson, Andrew John Cunningham and two infant sisters, Clara and Barbara preceded him in death.

Visitation was from 4 to 8 p.m., on Nov. 17, at Ehorn-Adams Funeral Home, 10011 Main St., in Richmond. Mass of the Resurrection was at 10:30 a.m., Nov. 18, at St. Peter Catholic, in Spring Grove. Concelebrants were Fr. Steven Lange and Fr. Andrew Plesa. Interment was in St. Peter Cemetery in Spring Grove. Memorials may be made in his name to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN. 38105 or online at

www.st.jude.org/tribute. Please sign the Guest Book at
www.WeeklyJournals.com/obits

CHARLES R. MOHR

Born: Oct. 20, 1936
Died: Nov. 14, 2006
Retired from Wright/Asphlund Tree Service

INGLESIDE—Charles R. Mohr, age 70, of Ingleside, passed away Nov. 14, 2006 at his home after a long battle with cancer. Born Oct. 20, 1936 in Chicago to Stanton and Helen (nee Maloney) Mohr, Charles retired from Wright/Asphlund Tree service after 43 years of service.

Survivors include his children, John Mohr, Arlene Long, and Judy Field; his sister; 12 grandchildren and 10 great-grandchildren. His aforementioned parents, wife of 50 years, Dona Mohr; three brothers; three children Charles, Robert and Melody Mohr, and a granddaughter; all precede him in death.

A funeral service was tentatively scheduled for 10 a.m., Monday, Nov. 20, at Strang Funeral Chapel & Crematorium, 410 E. Belvidere Rd, Grayslake, IL 60030. Interment followed at Grant Cemetery in Ingleside. Friends of the family visited from 4 to 9 p.m., Sunday, Nov. 19 at the funeral

chapel. For information please call 847-223-8122 or visit HYPERLINK "http://www.strangfuneral.org" www.strangfuneral.org. Please sign the Guest Book at
www.WeeklyJournals.com/obits

LOUIS C. LUKEMEYER III

Born: Aug. 3, 1947
Died: Nov. 14, 2006
Was a baseball coach with the Lake Villa township Baseball League

LAKE VILLA—Louis C. Lukemeyer, III, 59, of Lake Villa, IL passed away on Tuesday, Nov. 14, 2006 at home after a long and courageous battle with cancer. He was born on Aug. 3, 1947, the son of Helen and the late Louis, Jr. He was a baseball coach with the Lake Villa Township Baseball League. On Aug. 31, 1980 he married his wife, Joyce.

He is survived by his wife, Joyce; his sons, Brent and Matt; his mother, Helen and sister, Jeanie (Walter) Hill.

Funeral services began at 9:15 a.m. on Nov. 18, from RINGA FUNERAL HOME in Lake Villa, to St. Bede Catholic Church in Ingleside, for the Funeral Mass at 10 a.m. Interment was at the Hillside Cemetery, in Antioch. Visitation was

See OBITUARIES, page A20

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OBITUARIES, continued from page A19

on Nov. 17 from 4 to 8 p.m. Please sign the Guest Book at www.WeeklyJournals.com/obits

MARIANNE C. UHLEMANN

Born: March 9, 1937

Died: Nov. 15, 2006

Formerly employed at Tempco Manufacturing in Wood Dale

VERNON HILLS—Marianne C. Uhlemann, age 69 of Vernon Hills, died Nov. 15, 2006 at Condell Medical Center in Libertyville. She was born March 9, 1937 in Kansas City, Mo., and was the Resident Council President at Winchester House for the past several years.

Marianne was a lifelong friend of Gertrude Vale of Vernon Hills; a sister to many; a loving godmother, cherished aunt, and a friend to all.

Mass of Christian Burial was held at 11 a.m., Nov. 20 at St. Mary of Vernon Church in Indian Creek, with interment following at St. Adalbert Cemetery in Niles. Friends called on Nov. 19 from 2 to 6 p.m., at the Burnett-Dane Funeral Home Ltd., in Libertyville. Memorials may be made to the National Multiple Sclerosis Society, 910 W. Van Buren, 4th Floor, Chicago, IL 60607-3523, in her memory. Please sign the Guest Book at www.WeeklyJournals.com/obits

SHEILA A. WEBER

Born: December, 1955

Died: Nov. 11, 2006

Lover of life, lilacs, hummingbirds, her children, her family and her community

MINNEAPOLIS, MINN.—Sheila A. Weber, age 50, passed away Saturday, Nov. 11, 2006, in Minneapolis, Minn. Sheila graduated from Holy Child high school in Waukegan, and received a Masters Degree in Marketing from Northern Illinois University. Her passion for education, and her relentless enthusiasm to make a difference in everyone's life with whom she came in contact, has left behind many, many friends

Sheila is survived by her husband of 20 years, David D. Weber; her son, Phillip and daughter, Cara of Eden Prairie, Minn. She is also survived by her parents, Margaret Lampert and Erwin C. Froehlich of Pine River, Wis.; four sisters, Margaret Edwards, Maureen and Bill Lewandowski, Julie Froehlich, Barbara and Tom Finnegan; her brother, Erwin Froehlich, and many beloved nieces, nephews and cousins.

Memorial funds are preferred and established at St. Andrews Lutheran Church Eden Prairie, Minn., for the Spirit of the Pines Youth Camp. Visitation was held from 5 to 8 p.m. on Nov. 15, at Washburn-McReavy Eden Prairie Chapel. Services were held on Nov. 16, at 11 a.m. at St. Andrews Lutheran Church, 13600 Technology Drive, Eden Prairie, Minn., a light lunch followed. Please sign the Guest Book at www.WeeklyJournals.com/obits

LILLIAN K. HEFFERNAN

Born: March 6, 1916

Died: Nov. 16, 2006

Loved the Chicago Cubs

GRAYSLAKE—Lillian K. Heffernan, age 90 of Grayslake, passed away Thursday, Nov. 16, 2006, at Condell Medical Center in Libertyville. She was born March 6, 1916 in Chicago, the daughter of the late Anton and Katherine (Mueller) Keller. She loved the Chicago Cubs and was a member of the Lincoln Park Zoological Society.

Survivors are her niece, Kathy (Jim) Hull of Burlington, Wis.; two grandnieces, Melissa Byrne of Ingleside and Heather (Thomas) Kirk of Twin Lakes, Wis.; a grandnephew, Richard Byrne of Franklin Park and two great-nieces, Stephanie and Samantha Kirk. She was preceded in death by her husband, Thomas Heffernan in 1957 and by two sisters, Barbara Dienger and Katharine Keller.

Graveside services were held at 11 a.m., Nov. 20, at St. Joseph Cemetery in River Grove. Visitation was at the Strang Funeral Home of Antioch, from 4 to 6 p.m. Please sign the Guest Book at www.WeeklyJournals.com/obits

ELLEN B. WALSH

Born: April 10, 1913

Died: Nov. 16, 2006

Former member of St. Gilbert Catholic Church in Grayslake

LINCOLNSHIRE—Ellen B. Walsh, age 94 of Lincolnshire, formerly of Hazelhurst, Wis., died Thursday, Nov. 16, 2006 at her home. She was born in Chicago on April 10, 1913 to Albert and Gertrude (nee York) Fair. Ellen was a member of St. Gilbert Catholic Church in Grayslake for over 40 years, and more recently, a member of St. Joseph Catholic Church in Libertyville.

Survivors include her children, Maureen (Richard) Spinell of Ft. Myers, Fla., Thomas P. (Claire) Walsh of Grayslake, and James M. (Mary Ann) Walsh of Lincolnshire; her 16 grandchildren; her 24 great-grand-

children; and her son-in-law, Dr. Thad Penn of Libertyville. Ellen's husband Pender, her daughter, Mary Sheila Walsh-Penn; her siblings, and her aforementioned parents all preceded her in death.

A Mass of the Resurrection was held at 10 a.m., Nov. 20, meeting at St. Joseph Catholic Church, in Libertyville. Interment followed at Ascension Cemetery in Libertyville. Friends of the family visited from 3 to 7 p.m., on Nov. 19 at Strang Funeral Chapel & Crematorium in Grayslake. In lieu of flowers, memorial contributions may be made to the Lake County Club of Notre Dame, 11 Kensington, Lincolnshire, IL 60069. Please sign the Guest Book at www.WeeklyJournals.com/obits

HANS A. KOERTING

Born: April 6, 1929

Died: Nov. 15, 2006

ANTIOCH—Hans A. Koerting, age 77, of Antioch.

Beloved husband of Dolores; father of (the late) Michael and Hans; brother of Lola Dockery; grandfather of Christine, Jason, Ashley and Eric; great-grandfather of Anthony.

Funeral services were private. Interment was at Millburn Cemetery at Old Mill Creek. Funeral arrangements were handled by the Ringa Funeral Home in Lake Villa. Please sign the Guest Book at www.WeeklyJournals.com/obits

HERMAN J. BEHM

Born: March 26, 1918

Died: Nov. 17, 2006

Started the Behm Milk Services at age of 15

ANTIOCH—Herman J. Behm, age 88 of Antioch, a nationally known auctioneer, passed away Friday, Nov. 17, 2006 at Victory Lakes Continuing Care Center in Lindenhurst. Herman was born March 26, 1918, on a large farm, in Fremont Center, the son of the late Albert and Anna (Wegner) Behm. He attended St. Mary Grade School and at the age of 10 years, started playing drums with his brothers with the Behm Orchestra. At the age of 15, he started a milk route in Grayslake, known as Behm Milk Services with 44 employees and 35 trucks delivering milk to Chicago everyday. He later sold the business to the Pure Milk Association. He then managed the PMA Trucking Co. and later worked for the Kreml Dairy as an inspector and buyer. In 1948 he graduated from Reich College of Auctioneering in Iowa. During his

time as an auctioneer he conducted thousands of farm auctions in Illinois and Wisconsin. In 1952 he started the Antioch Auction Center selling livestock and merchandise and in 1963 went with Thorp Sales and Finance Company of Thorp, Wis. He was instrumental in its growth as a U.S. and Canada-wide company, later selling his interest to a company in Minnesota. He was a former member of the National and Illinois Auctioneer Associations and was licensed in all states. Besides conducting over 10,000 auctions in his lifetime he also conducted many charitable auctions for churches, schools, hospitals, Ducks Unlimited and others. He was made an honorable member of the Antioch Rescue Squad in recognition for the many years he raised money for them at their yearly auction.

Besides operating farms in Illinois and Wisconsin he loved hunting, golfing and just visiting old friends.

On June 6, 1940 he married Edna Volling in Fremont Center and she worked along side of him for many years.

Survivors include his wife of over 66 years, Edna; two daughters, Connie (the late Pat) Harris of Bristol, Wis., and Kay (Bob) Meisinger of Trevor, Wis.; four grandchildren, Anita Lynn, Christine Baum, Bobby (Dawn) Meisinger and Bryan (Kay) Meisinger; seven great-grandchildren, Bailey Lynn, Austin and Allie Baum and Riley, Jessie, Danielle and Morgan Meisinger. He was preceded in death by five brothers, Henry, Louis, Ed, Bill and Roy; and a sister Alveria and a great-grandson, Joseph Meisinger.

Funeral service with a Mass of Christian Burial was held at 11 a.m., Nov. 22 at St. Mary of the Annunciation Church, at Fremont Center in Mundelein. Interment was in the parish cemetery. Visitation was from 4 to 8 p.m. on Nov. 21, at the Strang Funeral Home of Antioch. Friends desiring may make contributions, in his memory, to the Antioch Rescue Squad or the Antioch Fire Department. Please sign the Guest Book at www.WeeklyJournals.com/obits

DOROTHY M. WONS

Born: Jan. 9, 1923

Died: Nov. 18, 2006

She was a homemaker

ANTIOCH—Dorothy M. Wons, age 83 of Antioch, passed away Nov. 18, 2006 at her home. She was born Jan. 9, 1923 in Chicago, the daughter of the late William and Cora (Trimner) Elrich, moving to Antioch in 1960.

Dorothy was a homemaker and a member of the VFW Post 4551 Auxiliary of Antioch. On April 23, 1943, she married Robert K. Wons in Camp Crowder, Mo., and he preceded her in death on Dec. 2, 1996.

Survivors are her daughter, Dolores Wons and her son, Allen (Louise) Wons both of Antioch; three grandchildren and six great-grandchildren. In addition to her husband, she was preceded in death by two sisters, Marjorie and Baby Gladys.

Funeral service was held at 1 p.m., Nov. 21, at the Strang Funeral Home of Antioch, with visitation beginning at noon. Interment followed in Hillside Cemetery in Antioch. In lieu of flowers, donations may be made in her memory to the Antioch Rescue Squad. Please sign the Guest Book at www.WeeklyJournals.com/obits

JOSEPH P. SEIBERT

Born: Nov. 24, 1927

Died: Nov. 18, 2006


Loved to play poker



ANTIOCH—Joseph P. Seibert, passed away in his 79th year, Saturday, Nov. 18, 2006 at Condell Medical Center in Libertyville. He was born Nov. 24, 1927 in Galesburg, the son of the late Anthony and Margaret (Barssage) Seibert, living in Wheeling for some time, Waukegan for 30 years and then to Antioch since 1996. Joe served in the U.S. Navy during WWII and loved to play poker. He was a member of St. Peter Church in Antioch and operated Phase Construction of Waukegan, for 30 years.

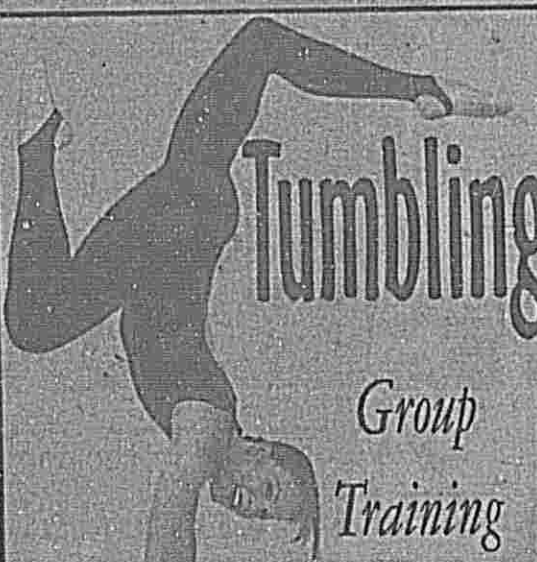
Survivors include his children, Stephen, Gregory, Peter (Frances), Patrick (Rhonda), Mary (Chester) Dubicki, Deborah (Chris) Johnson, Joseph and Bernadette (Bill) Rowe; four brothers, Thomas, Bernard (Shelia), Philip (Connie) and Frank (Donna) and a sister, Martha (David); 20 grandchildren and one great-grandson. He was preceded in death by seven brothers and sisters, William, Mary, Bernadette, Veronica, Catherine, John (his twin) and Nicholas.

Funeral service with a Mass of Christian Burial was held at noon, Nov. 22 at St. Peter Church. Visitation was at the Strang Funeral Home of Antioch from 4 to 8 p.m., Nov. 21. In lieu of flowers donations, in his memory, may be made to the Eternal Word TV Network, 5817 Old Leeds Rd., Irondale, AL, 35210-9948. Please sign the Guest Book at www.WeeklyJournals.com/obits



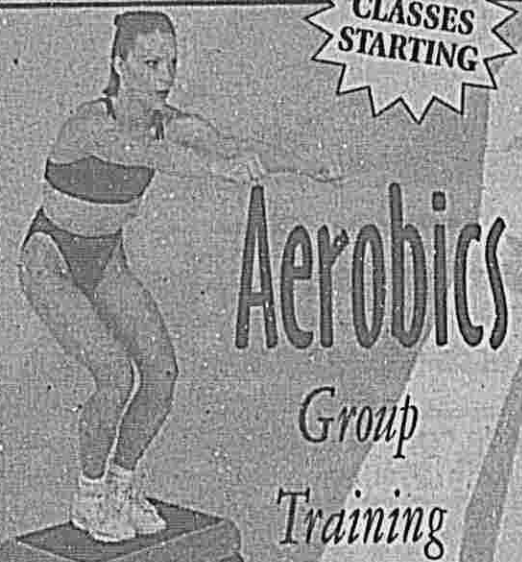
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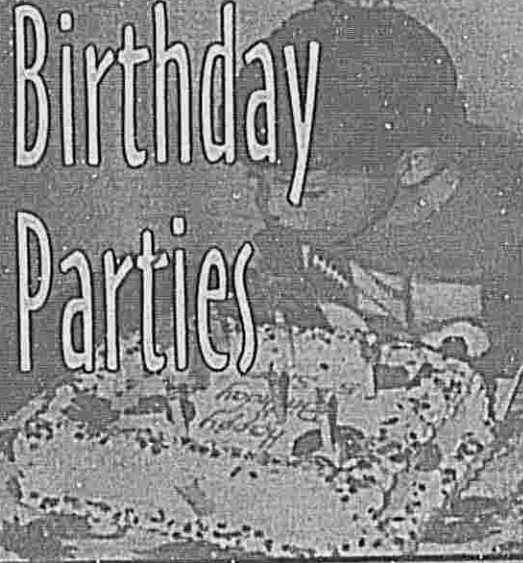


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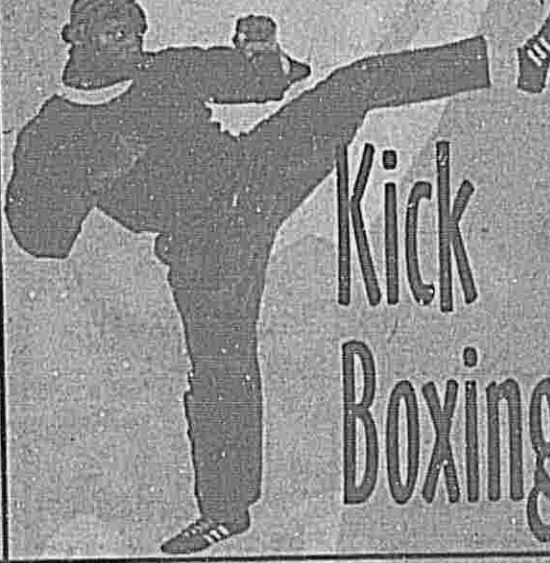
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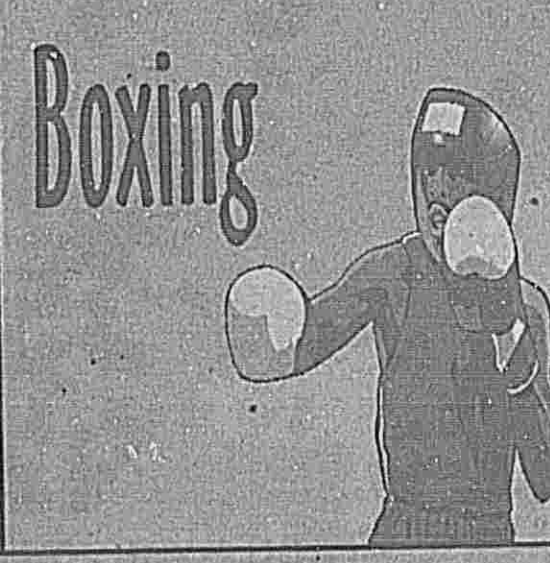
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NASCAR THIS WEEK

NEXTEL CUP SERIES

Season finale

Ford 400

HOMESTEAD, Fla. — Greg Biffle won the Ford 400 for the third consecutive year, put a Ford in victory lane for the first time since Aug. 26 and won for the 11th time in a career that consists of only 150 Nextel Cup races. The first time he won at Homestead-Miami Speedway, in 2004, teammate Kurt Busch nailed down the title. A year ago Tony Stewart won the championship here while Biffle was again winning the final race. This time around it was Jimmie Johnson.

Biffle's victory will be briefly celebrated and soon forgotten, and don't think he hasn't noticed. "I still get the check and the



BIFFLE

This year he, like Stewart, didn't even make the Chase. His victory on Sunday was only the sixth of the season for Ford, the fewest since the manufacturer won five times in 1986.

Martin Truex Jr. finished second, Denny Hamlin third, Kasey Kahne fourth and Kevin Harvick was fifth.

trophy, though," he said, "and when we get to Daytona, I'll still be the last guy to win one."

Biffle finished second in the title Chase for the Nextel Cup a year ago.

Season finale

Ford 300

Matt Kenseth closed out the season with two victories in a row and, by so doing, deprived the series champion, Kevin Harvick, of a record for most victories in a single season. Harvick, who dominated the series in virtually every category, won nine races. The record, set by Sam Ard in 1983, remains 10. Harvick did, however, win the championship by the largest margin in history. His margin over Carl Edwards at season's end was a whopping 824 points.

Season finale

Ford 200

Mark Martin won for the sixth time this season in 14 series starts, and Todd Bodine won the championship for the first time. Brendan Gaughan finished second, by far his best showing of the season. Martin also announced he would compete in 5-10 races next year in a Ford fielded by Wood Brothers/JTG Racing. Johnny Benson won five races this season, two more than Bodine, but Bodine's margin in the season standings was 127 points.

Robby Gordon continues to fight uphill battle as single-car owner

HOMESTEAD, Fla. — Robby Gordon crashed in five out of the season's final six races. It was the 189th lap of Sunday's Ford 400 when his No. 7 Chevrolet spun into the turn-four wall.

Just a few days earlier, the versatile 37-year-old won the Baja off-road race and flew directly from Mexico to practice and qualify for the Nextel Cup finale. He has won in a wide range of racing vehicles over the years. Yet still he struggles in a single-car team that he owns.

Why does he continue to fight the uphill battle in Cup? "Refuse to lose," said Gordon. "People question whether we will be able to pull this off. That may well be why I'm determined to do it. I'm still confident it won't be long before we win a race."



TOP 10 IN POINTS

NEXTEL CUP

1. Jimmie Johnson 6,475
2. Matt Kenseth -56
3. Denny Hamlin* -68
4. Kevin Harvick -78
5. Dale Earnhardt Jr. -147
6. Jeff Gordon -219
7. Jeff Burton -247
8. Kasey Kahne -292
9. Mark Martin -307
10. Kyle Busch -448

BUSCH SERIES

1. Kevin Harvick 5,648
2. Carl Edwards -824
3. Clint Bowyer -965
4. Denny Hamlin -981
5. J.J. Yeley -1,161
6. Paul Menard -1,573
7. Kyle Busch -1,727
8. Johnny Sauter -1,854
9. Greg Biffle -1,859
10. Reed Sorenson -1,978

CRAFTSMAN TRUCK SERIES

1. Todd Bodine 3,666
2. Johnny Benson -127
3. David Reutimann -136
4. David Starr -311
5. Jack Sprague -338
6. Ted Musgrave -352
7. Ron Hornaday -353
8. Terry Cook -401
9. Rick Crawford -414
10. Mike Skinner -447

WHO'S HOT AND WHO'S NOT

Who's hot —

Well, the champion, of course. Jimmie Johnson performed and acted like the champion he probably should've been before now. ... For the third year in a row, Greg Biffle won the season's final race.

Who's not —

Jeff Gordon finished 24th at Homestead. ... Robby Gordon crashed for the fifth time in six weeks.



Jimmie Johnson, left, and crew chief Chad Knaus hoist the championship trophy.

FEUD OF THE WEEK



Montoya



Newman

Juan Pablo Montoya vs. Ryan Newman

The Formula One driving ace tangled twice with Dodge's biggest disappointment of 2006. Newman won by TKO when Montoya's Dodge exploded. Thankfully, Montoya wasn't injured.

NASCAR This Week's Monte Dutton gives his take: "Isn't it great to see an All-American sport opening its arms to the similarly inclined from all over this big, blue marble of a world?"

Championship weekend a little short on drama

By Monte Dutton
NASCAR This Week

HOMESTEAD, Fla. — NASCAR's Ford Championship Weekend fell a bit short of expectations as the title races in all three major series didn't pack much of a punch.

The Chase for the Nextel Cup was an appropriate term, though the four drivers chasing Jimmie Johnson faced long odds and were relying on a sub-par performance by Johnson to pry the championship away from him. Surprising no one, Johnson won easily by finishing ninth.

NUTS AND BOLTS

A notoriously slow starter in the Chase, Johnson had fallen 165 points out of the lead only six races earlier.

"I never felt we were out of it," he said. "I never conceded."

Todd Bodine locked up the Craftsman Truck Series championship with a 21st-place finish, and there wasn't anything vaguely resembling drama in the Busch Series, where Kevin Harvick entered the final race with an 844-point bulge and ended up winning by 824.

Fear and loathing — Next year, when NASCAR begins implementation of the Car of Tomorrow (increasingly referred to as COT), teams will have to build two completely different chassis designs, and the dread here is pervasive.

As Elliott Sadler noted, "It's going to be very tough on all the teams next year. It's going to be very expensive on all the teams because the things that work on our regular car don't work on the COT. It's going to be a different mindset every week. The things that work on one don't work on the other, so it's going to be hard on the

team director, hard on the driver. We've all got to learn to adapt."

The reason Sadler said "team director" instead of "crew chief" is that his owner, Ray Evernham, no longer believes in crew chiefs.

In a way, it's weird — Yes, Homestead-Miami Speedway is an intermediate track, but the 1.5-mile track is unique, thanks to its so-called "pure-oval" shape and its graduated banking. It's in its third configuration since opening in 1995.

"It's now a very oddly built race track," said Jeff Burton. "It has a really fast exit to the corners but one of the slowest entries on the circuit. You have to drive Homestead differently than any other track we go to."

"The mindset of a driver has to be open to try things, so you have to go be careful ... not to go in with too tight of a box on your (chassis) setup. Your mindset as a driver needs to be open to different options because it's such a different track."

Contact Monte Dutton
at hmdutton50@aol.com

IHSA STATE GIRLS SWIMMING MEET

CAPPING OFF THEIR RUN

Local seniors conclude prep careers in style

By EMILY PREVITI

epreviti@nwnewsgroup.com

EVANSTON - Four local athletes cracked into the top 10 swimmers and divers in the state at last weekend's IHSA Girls Swimming and Diving Meet.

Libertyville's Katie Mroz and Kelsie Neubauer, and Mundelein's Megan Thompson and Courtney Wilhelm competed in the finals Nov. 18 at Evanston Township High School.

The six fastest swimmers in each event at preliminary trials on Nov. 17 qualified for the championship heats last Saturday. Seventh through 12th places swam in consolation heats. In diving, all 12 divers competed in one final.

Libertyville's Mroz posted a time of 5 minutes, 6.75 seconds in the 500-yard freestyle (10th), just ahead of Vernon Hills freshman Melanie Rowland (5:07.35), whom she had not defeated earlier in the season.

"We train together [on the same club team], so I kind of know how she swims," Mroz said. "We never get a chance to race like that, so it was fun."

Lake Forest's Christine Mauro won the event's consolation heat in 5:02.45. The Scouts' score quadrupled that of the Wildcats, despite Libertyville defeating the Scouts at the Lake Forest Sectional meet Nov. 11.

Coach Maggie Casteleyn attributed the flip to the teams' preparedness and the change in meet format.

"It's just another case of their team being more prepared for state," Casteleyn said. "And the meet format changed things, as well. By having [fewer] teams [at the sectional], there's less chance that someone can squeeze in front of you."

Neubauer's seventh-place finish in the 200 individual medley (2:07.34) surpassed final rankings



Libertyville senior Katie Mroz competes in the 500-yard freestyle during last week's state preliminaries at Evanston Township High School.

Sandy Bressner - sbressner@nwnewsgroup.com

State Swimming Meet

Team scores: 1, Rosary, 163; 2, Barrington, 123; 3, New Trier, 107; 5, Stevenson, 90; 13, Lake Forest, 46; 24, Libertyville, Fenwick, 10; 26, St. Viator, Chicago Latin, Crystal Lake Central, Mundelein, 9; 32, Vernon Hills, 4.

More inside: Individual results and photos from state. See PAGE A26.

of other swimmers in the Lake County Journals' coverage area.

"My goal was to make it back," Neubauer said. "Since I did that, my goal was to get a best time, which I haven't done since sophomore year."

Neubauer credited hard work, help from her coaches, and teammates' motivation with her success.

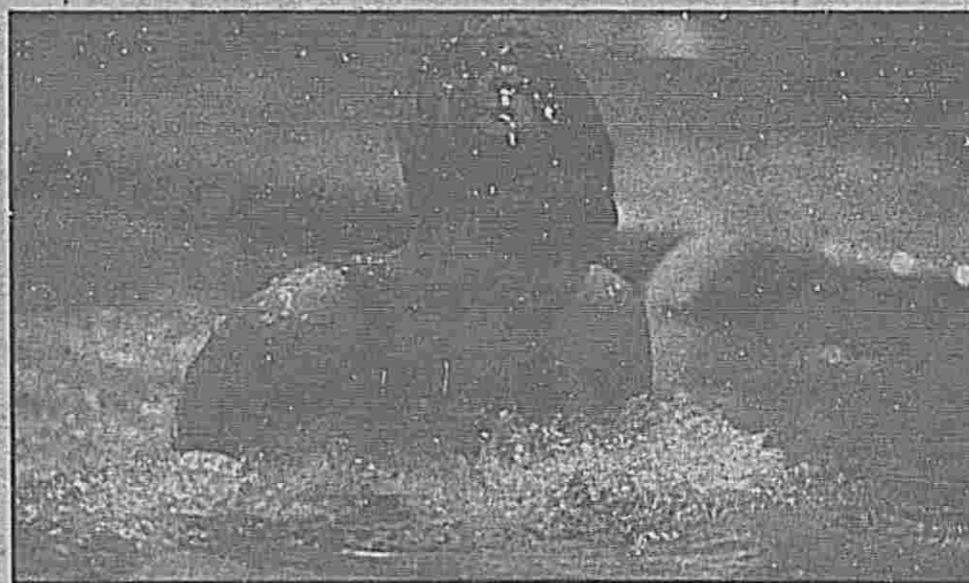
Casteleyn said neither performance set a new school record, but both marks set personal bests for the swimmers.

"So for them, personally, it was outstanding," Casteleyn said.

Neubauer, a senior, posted a time of 53.13 in the 100 freestyle (16th).

Mundelein senior Thompson missed finals by one slot in the 500 freestyle (5:07.56).

But she made it back in the



Libertyville's Kelsie Neubauer competes in the 200-yard individual medley. She took seventh place in the finals.

Sandy Bressner - sbressner@nwnewsgroup.com

200 freestyle. Thompson's time gave her the 12th fastest time on Friday, four slots below Rowland.

Thompson had defeated Rowland at the North Suburban Conference Championships on Nov. 4. Rowland posted the faster time at the Lake Forest Sectional Meet on Nov. 11.

Thompson ended the season on top. She hung with Rowland, then pulled ahead to finish third in the heat (1:55.17, eighth overall). Rowland's 1:55.99 gave her an 11th-place finish.

Mundelein diver Wilhelm encouraged Thompson from the

pool deck before she led off the diving portion of the meet. Wilhelm said the silence and attention of roughly 1,000 spectators did not rattle her.

"Friday, it wasn't too crowded," Wilhelm said. "Diving doesn't get that many spectators, so having all of those people there on Saturday made it fun."

Wilhelm started in fourth place after prelims. Her first dive Saturday garnered high marks, which included one judge scoring an 8.5. The next two dives did not score as well. Wilhelm finished ninth, improving upon her 11th-

place finish in 2005.

"My goal was to be top five," Wilhelm said. "But then my shoulders started to get worse and worse as the season went on. ... I'm still happy with 9, because it's better than last year."

Wilhelm's teammate, Polly Hirt, scored 160.10 on Friday, finishing 17th of 48 divers who competed. Libertyville junior Brittany Tazioli posted 150.80 points to secure 24th place.

During prelims, Mundelein's Sarah Falconer finished 35th in the 200 IM (2:14.18), ahead of Lake Forest's Marisa Gaiter (36th in 2:14.39). Gaiter defeated Falconer at the Lake Forest Sectional.

Also on Friday, Warren sophomore Kristin O'Connor swam the 50 freestyle in 25.40. Teammate Patty Wegrzynowicz took 29th in the 100 backstroke (1:01.02). Libertyville senior Rachel Sparks finished 24th in that event in 1:00.60. Sparks' fellow teammate, junior Dana Davidsen, swam the 100 breaststroke in 1:07.26 (15th). Davidsen and Sparks teamed with freshman Maggie Boling and Neubauer in the 200 medley relay (20th in 1:52.49). Davidsen, Neubauer, Sparks and Mroz comprised the 400 freestyle relay (3:37.44, 16th).

● On the Sidelines

Ocho '¡silencio!' Chad Johnson

Man, I wish things would go back to the way they were. Before the egos and before self-worshipping professional athletes were the exception, rather than the rule.

Basically, I want to go back to a time that was before my time.

At 25 years of age, I'm not going to even pretend I know anything about the good old days, but the egos in professional sports have gone beyond entertaining and into the realm of the insulting.

While I may be late to this train, the first person I would like to call out is Chad "Ocho Cinco" Johnson. Besides Johnson's Sesame Street-level Spanish (the number 85 is actually "Ochenta y Cinco") anytime a nickname is bestowed upon oneself, it is an arrogant and childish move.

As I watch the NFL, NBA or any of the major professional leagues, I become more grate-

ful every day that I get to work with prep athletes who are devoid of such hollow self-importance. And it's not that I'm against nicknames, either.

If a nickname actually has some semblance of meaning, I'm all for it. Nicknames such as "Tractor Traylor" for Robert Traylor's girth, "The Admiral" for Navy grad and former NBA great David Robinson, and of course, "Air Jordan" or "His Airness" for Michael Jordan are all clever and great nicknames. Heck, even Lawrence Taylor's "L.T." or "Big Blue Wrecking Crew" both had a bit of a ring to them.

But, naming yourself anything beyond the normal shortening of formal names, such as my usual change of Daniel to Dan (of course, that was stolen from me by Your ESPN-ness Dan Patrick PUGH! Not that I'm bitter ...) is rightfully ridiculed.

If there was anyone out there who trucked around calling themselves by their varsity sports nickname, it would be pretty sad. I'm sure former Grant star Matt Behm isn't walking around college demanding everyone call him

"Behm Machine," or if I was to go by "Chief," I would deserve a slap to the back of the head.

Or, to take a page out of Chad Johnson's book, imagine if a coworker demanded to be named Eins-Fünf for the 15 German beers he drank (and the hilarity that ensued) at the last company picnic ... now that would be a class act.

I think that athletes, at all levels, should be held to the same laws of decency that the rest of us must follow. If I can't name myself "Ocho

Nueve" for the 89 coffees I drank while putting together last week's basketball preview, then Chad Johnson shouldn't be able to name himself for the number he wears on his jersey.

If the sports world was up to me, Johnson's nickname would be changed from "Ocho Cinco" to "Oh So Stupid."

Looking around the sports world, I can't help but think,

"Good lord, is it winter already?!"

With the girls basketball season now in full swing and the boys hardwood teams just starting to get into it, I guess we can kiss the warm weather goodbye for another six months.

Oh well, now I can watch some great sports from the refuge of the indoors.

• Daniel J. Patrick is sports editor for the Lake County Journals. Write to him at dpatrick@nwnewsgroup.com.



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MAKING A SPLASH

(Above) Mundelein's Megan Thompson competes in the 500-yard freestyle during the IHSA Girls Swimming State Meet preliminaries last week at Evanston Township High School. (Right) Warren senior Patty Wegrzynowicz carves through the water in the 100-yard backstroke during the preliminary runs.



State Swimming Meet

Individual championship results at last weekend's IHSA State Girls Swimming Meet at Evanston Township (includes first-place and Lake County competitors; Lake County Journals-area swimmers in bold):

200-yard freestyle: 1, Francie Szostak, Northbrook Glenbrook North, 1:51.12. 3, Martha VanLieshout, Stevenson, 1:52.69. 5, Christine Mauro, Lake Forest, 1:52.90. 7, Tori Alland, Stevenson, 1:54.21. 8, **Megan Thompson, Mundelein, 1:55.17.** 11, **Melanie Rowland, Vernon Hills, 1:55.99.**

200 individual medley: 1, Amy Prestinario, Naperville Central, 2:04.44. 7, **Kelsie Neubauer, Libertyville, 2:07.34.** 8, Allie Davitt, Lake Forest, 2:08.67. 11, Ashley Wanland, Stevenson, 2:09.02.

50 freestyle: 1, Betsy Webb, Loyola Academy, 22.95.

Diving: 1, Kerrin Seymour, Stevenson, 388.55. 9, **Courtney Wilhelm, Mundelein, 351.80.**

100 butterfly: 1, Olivia Scott, Rosary, 55.43. 6, April McKee, Stevenson, 58.89. 7, Marisa Gaither, Lake Forest, 57.54. 8, Allie Davitt, Lake Forest, 58.06.

100 freestyle: 1, Amber Green, Mt. Vernon, 50.55.

500 freestyle: 1, Amy Prestinario, Naperville Central, 4:57.48. 5, Martha VanLieshout, Stevenson, 5:04.52. 7, Christine Mauro, Lake Forest, 5:02.45. 10, **Katie Mroz, Libertyville, 5:06.75.** 11, **Melanie Rowland, Vernon Hills, 5:07.35.**

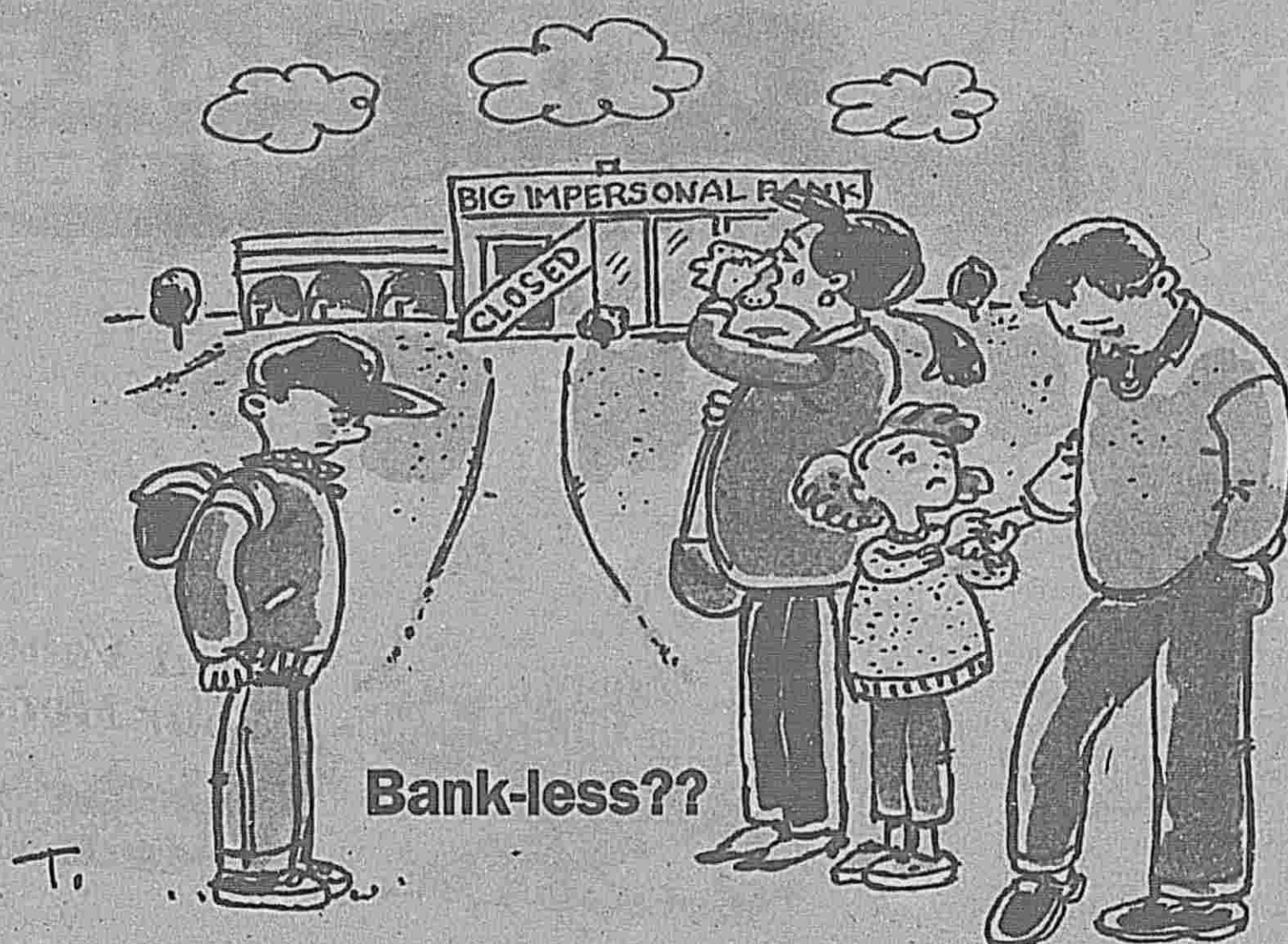
100 backstroke: 1, Betsy Webb, Loyola Academy, 56.28.

100 breaststroke: 1, Julia Andracki, Prospect, 1:03.27.

200 medley relay: 1, Rosary (Elisabeth Tavierne, Brittany Doss, Mackenzie Powers, Amy Schaefer), 1:45.46. 2, Barrington, 1:47.68. 3, St. Charles North, 1:48.19. 5, Stevenson (Erin Cunningham, Ashley Wanland, April McKee, Melanie Koto), 1:49.16.

200 freestyle relay: 1, Glenbrook South (Susan Bolt, Daniela Cubelic, Kelly Leibrandt, Kelly Hagerty), 1:35.68. 2, New Trier, 1:36.26. 3, Barrington, 1:36.53.

400 freestyle relay: 1, Rosary (Amy Schaefer, Olivia Scott, Kally Fayhee, Kara Savegnago), 3:29.94. 2, Glenbrook North. 3, Winnetka, 3:30.69. 7, Stevenson (Martha VanLieshout, April McKee, Tori Alland, Ashley Wanland), 3:32.38. 11, Lake Forest (Allie Davitt, Sam Schulte, Courtney Adams, Christine Mauro), 3:35.19.



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GIRLS BASKETBALL ROUNDUP

Rude welcome to hardwood

Carmel crushes Grayslake North by 56 points

LAKE COUNTY JOURNALS

The Carmel girls basketball team gave Grayslake North a hard welcome to the varsity ranks.

The Corsairs dropped a 56-point beating, 68-12, during the first varsity game in the Knights' history.

True to coach John Ryan's word, the Corsairs scored by committee as **Genny Arnold**, **Jacqueline Swindell** and **Caitlin Trevillyan** each scored eight, while **Erin Glogovsky** and **Jenna Korte** added seven, and **Tiffany Hendrickson** and **Lauren Lehocky** scored six.

Hilary Kuhl led the Knights with five points while **Natalie Barczyk** added four. Kuhl scored the first point in North history on a free throw in the first quarter.

Carmel improved to 1-1 on the season while Grayslake dropped to 0-1.

Grant 65, Waukegan 54

Grant senior **Kariann Hill** led the way with 21 points for her team as Grant overcame Waukegan last Friday. **Nikki Staton** and **Autumn Gaylor** chipped in 11 points apiece for Grant, while **Jamie Swanson** corralled 10 boards.

Grant's **Becka Gonyo** scored eight points in the game.

Waukegan's **Ashley Daniels** was stellar in the loss with a game-high 22 points while **Brittany Brown** finished with 12 points, and **Sarah Angelos** added 11.

Grayslake Central 53

Regina 44

Central seniors **Colleen Centella** and **Kelly Washington** did exactly what they were supposed to, leading the Rams with 17 and 10 points, respectively, for the win

against Regina last Saturday. With the win, Central improves to 1-1.

Mundelein 66

Vernon Hills 65 (OT)

Mundelein started out the season with a barnburner, winning by one point in overtime against Vernon Hills. Clutch free-throw shooting in overtime helped Mundelein to the win as the Mustangs hit 15-of-18 in the extra period for the close win.

Stefanie Withrow led Mundelein with 23 points and pulled in 12 rebounds for the double-double. Vernon Hills' **Yeh-Eun Jin** had 26 points.

The Mustangs' **Samantha Panitch** knew when to turn it on, scoring eight of her 14 points in overtime to help with the win.

New Trier 57, Warren 51.

Despite a valiant effort from **Melanie Duplessis** (22 points, five rebounds) and **Sarah Boothe** (16 points, 11 rebounds), Warren could not shake New Trier on Saturday.

Northwestern signee **Amy Jaeschke** led New Trier with 14 points and 11 boards.

Warren drops to 1-1 on the year.

Harvard 51, Round Lake 42

It looks like coach Gary Edge has a lot to look forward to as Panthers sophomore **Amber Phillips** scored 18 points to lead Round Lake (1-2).

Marian Central 57

Wauconda 48

Wauconda's **Lauren Mead** dropped 21 points on Marian Central, but it just wasn't enough for the Bulldogs as Wauconda drops to 0-3 after the tough loss.

The Bulldogs were down, 31-23, at halftime.

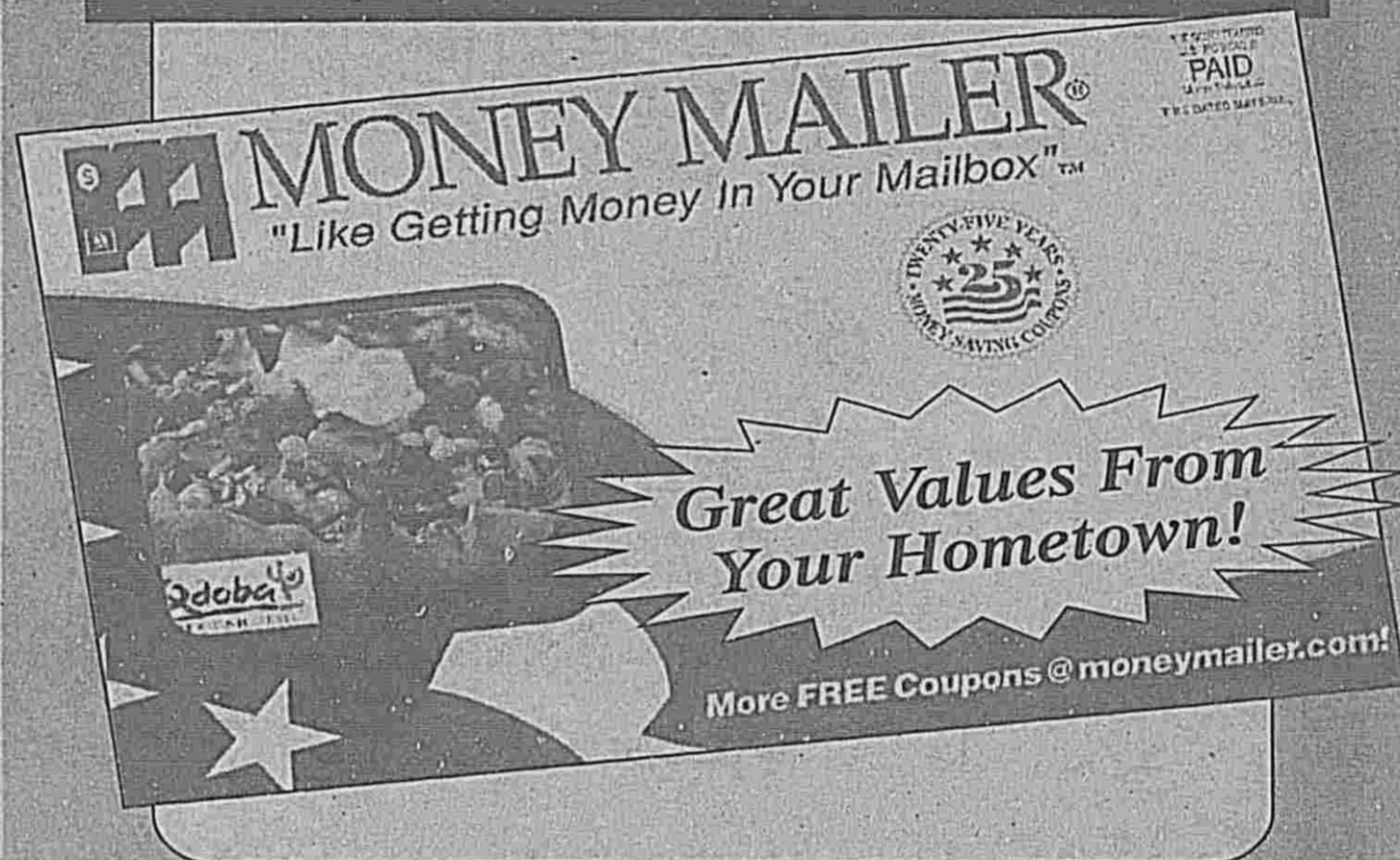
Correction

In the Nov. 17 edition of the Lake County Journals, swimmer **Sarah Falconer** was misidentified as a Warren Township athlete.

Falconer swims for the Mundelein Mustangs.

The Lake County Journals regret the error.

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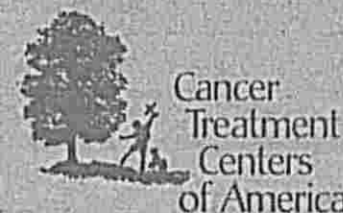
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Pro Football WEEKLY

One Man's Opinion

Bear with me: Stop for a moment to give thanks

If there's a better day on the calendar each year than Thanksgiving, I can't imagine what it would be.

I love everything about it, from the turkey, dressing and pumpkin pie to the feeling I just can't escape all week long that we are truly blessed, and that now is the time to reach out and see what I can do for my brothers and sisters who aren't as lucky as I.

Unlike most other holidays that come in a rush and leave us yearning for more before we have even realized they were here, Thanksgiving is just like a preseason game that's actually worth playing to get us to start preparing for the big boys — Christmas, Hanukkah and New Year's, all waiting in the wings.

I'm especially pumped this year, as things have a better feel for me than in recent years. For the first time in a while, I'm ever so slightly optimistic that maybe, just maybe, things that scare me in our world might start to get better.

Some people I care deeply about are in a much better place today than a year or two ago. Our oldest boy is home with us for the first time in years. Our baby girl is on her way home from school for the week as I pound these keys, and she should be waiting for me when I get home. And the middle guy is with me every day now, caring and making a difference at Pro Football Weekly, and I know his grandpa is proud. And their mom and I are forever in love.

If I seem selfish, please forgive me, because that's certainly not the plan. Life is far from perfect, but Thanksgiving always makes me count my blessings. I'm not a real religious guy, but Thanksgiving always makes me pray.

I pray for all of our men and women in Iraq, Afghanistan, Korea and around the world who have chosen to go in harm's way and risk their own com-

fort, safety and lives to make the world a safer and better place for all of us. As I get my Turkey Day football fix and the TV invariably brings them into my home, I tear up as I survey my own surroundings and realize how incredibly blessed I am, and then I struggle to find the words and thoughts and prayers that could possibly express the depth of thanks we all owe these heroes who give their lives for us.

Then I remember the people these heroes are protecting and defending, and I wonder: Do they have anything to give thanks for today? I don't have an answer for Iraq, Darfur or all of the other hot spots in the world, where we know men, women and children are fighting and starving and dying every day.

But I know that Thanksgiving is one day every year when there's at least a chance that all of us who are safe at home, ranting about being at war, just might stop and give thanks that we are, in fact, the safe ones, and perhaps think about what we can do and give to help those truly in need around the world, instead of just fighting for what more we can take.

I love Thanksgiving because in many ways, it's the beginning of the charity season right here at home. The Salvation Army crew is dusting off its buckets and bells, Toys for Tots is off and running, and I really believe it's the whole concept of gorging ourselves that gets so many of us thinking about feeding, clothing and housing others in familiar surroundings who so desperately need our help.

Now, I know there are at least a few of you out there who have already got the e-mail fired up to write me and remind me that you buy this paper to read about football and not my sentimental ramblings about life and what really matters.

But I'm asking you just this once to stop and realize that football's a game we all love, but that this, too, really matters.

Thanks, and thanks for all you give.

• Hub Arkush is the editor of Pro Football Weekly.



Hub Arkush

Views

'So far, so good' for Bears' trip

EAST RUTHERFORD, N.J. — Each week, there's a chance that Lovie Smith will gently rebuke a question he doesn't particularly like or agree with.

After a 10-0 victory against the Jets on the Meadowlands, that question went something like this: "Is it the mark of a good team when you win these kinds of games?"

There was more to the query, but Smith, docile but adamant, interrupted before its conclusion.

"These kinds of games? I don't know what you mean, 'these' kinds of games?" said Smith in the cramped visitor's media room. "Nine wins, a tough place to play and we got a shutout? We'll take 'these' types of games each week."

Smith was right. While there's no worry the win will rob any attention from the Cubs' signing of Alfonso Soriano, it still was the type of triumph to buoy a happy flight back to Chicago.

The Bears are escaping the Big Apple with two wins in a déjà vu sequence that changed "New York, New York" from an address into a hit list. Not bad for the middle part of a 16-game slugfest that tends to drag a bit this time of year.

Next up is a visit to New England and a shot to go 3-0 on a road trip that some predicted would be the downfall of the team.

Instead it has turned into a journey that has strengthened the 9-1 Bears while the rest of the NFC falls apart (except for suddenly charging Carolina).

"So far," said Brian Urlacher, who helped preserve the team's first shutout of the season with an end zone interception, "so good."

Played in the shadow of Fifth Avenue, Sunday's game was proof that style alone cannot win NFL games.

A winning effort needs grit, like the play of running back Thomas Jones, who impressed New Yorkers for the sec-

ond straight week with 23 carries for 121 yards. (That position battle with Cedric Benson? You can find it buried with Jimmy Hoffa.)

Mid-November wins also are built on the play of the defense, which made the necessary halftime adjustments and allowed the Jets only 17 rushing yards in the second half. The unit also ended New York's two best drives with interceptions in Bears territory.

Lastly, wins in the NFL are built on guys like Mark Bradley, who remain inactive for most of the season's first half, only to score touchdowns in consecutive weeks while Bernard Berrian struggles to recover from an injury.

No, the Bears don't have any reason to explain their victory, even if it came against a team that brought the league's 31st-ranked defense.

Though the Jets' defensive standing was poor, it was still the same unit that stymied Tom Brady and the Patriots in an upset win last weekend.

And though the Jets boy-wonder coach Eric Mangini (a.k.a. "Mangeni" in the New York tabloids) should be admonished for trying an onside kick to start the second half, his defensive scheme worked well for most of the game.

It was only when Rex Grossman and Mark Bradley finally were able to take advantage of blitzing safeties that the Bears were able to score a touchdown on a 57-yard scamper by Bradley that put the game out of reach.

On Sunday, a day when there wasn't much to be had, Grossman did just that. He threw no interceptions, allowing his counterpart, Chad Pennington, to throw two that changed the course of the game.

"I kind of really stressed to myself, make sure that you don't throw it up for grabs, [just] hit the running back and move on," Grossman explained. "Today, there were a lot of looks like that, and I just tried to minimize the damage."

• Kevin Kaduk is the Lake County Journals' sports columnist. Write to him at kkaduk@nwnewsgroup.com.



Kevin Kaduk

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Pictured: Linda Knott and Allen Sturges

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GIRLS BASKETBALL: GRANT 77, ELGIN 27

Gonyo doesn't miss a beat

Grant senior scores 16 in rout

By STEVE PETERSON

speterson@nwnewsjournal.com

FOX LAKE - Who could blame Becka Gonyo and the rest of the Grant Bulldogs for being a little excited when her name and junior high (Gavin South) were announced in the starting line-up?

It has been since her sophomore year that Gonyo, a 6-foot-4 senior center, has taken the court, out because of a knee injury.

In this year's season opener, Gonyo took the court by storm with 16 points as Grant cruised to a 77-27 win against Elgin.



Becka Gonyo

Gonyo was one of five players to score in double figures, and 10 players played in the first quarter.

"It felt like I did not miss a game," Gonyo said. "We started fast [and] we wanted to show what we are all about."

According to the Bulldogs, the team also is about unity. Members wore red and black headbands during warm-ups and the games.

"We did that so Bailey Wagner [who had a bandage on her head from an injury] would not feel left out," senior Nikki Staton said. "It's about the defense. Our motto is, 'defense wins titles.'"

Staton, a 5-6 guard, scored four points, but made life miserable for the Elgin guards with several early steals. Staton uses more than basketball fundamentals to limit her opponents; she plays the mental game, too.

"I try to get into their heads, to try and make them use their weak hand," Staton said. "It was great having Becka [Gonyo] back. I told her at the start of the game that she was playing awesome."

With nearly 80 points of offense in their first game, the Bulldogs don't seem to have a

problem putting up the points. But coach Tom Oeffling said it will be Grants' defense that will give opponents problems.

"We will have to win a lot of games this year with our defense," Oeffling said. "I was happy to see Becka out there. She just loves the game so much, and it meant so much for her to be out there. Last year, she could not play, but never missed a practice or a game."

Autumn Gaylor continued to hustle for rebounds, and finished with 14 boards to go along with four points and as many assists.

Senior Heather Sutherland had 12 points with two three-pointers. Junior Jamie Swanson scored 11, junior Tori Ziegler had 10 off the bench, and Kariann Hill, in her return game from an injury-plagued junior season, also played well. Then there was Heather Ruetsche with 10 points off the bench and rebounding from Wagner.

"We had a lot of great play from the bench players," Oeffling said.

Grant jumped off to a 13-4 lead on a three-point basket by Sutherland, one of the first subs off the bench. A Gonyo tip-in increased the lead to 17-4, and it was 19-6 after one quarter.

Reserves saw playing time as early as the second quarter. Gonyo continued to clean up in rebounding toward the end of the session, and Grant had a 20-point halftime lead.

A 23-5 run in the third quarter showed the winners' intensity. Swanson and Gonyo and a putback by Wagner upped the margin to 23 points and it was coast time from there. Ruetsche, a 5-7 junior guard, had a putback for a 30-point margin, and helped the team reach 70 points in the fourth quarter.

Grant (1-0) knows it has tougher games ahead. Players pointed to a clash with Waukegan to start the Deerfield Tournament, a tourney Waukegan won last year.

● Hometown Sports

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Nominations for the Illinois Conservation Foundation Youth Conservation Scholarship program will be accepted until Dec. 1.

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For more information on the scholarship program, call (217) 785-2003.

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